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A TREATISE OF THE Spleen and Vapours: OR, HYPOCONDRIACAL AND HYSTERICAL AFFECTIONS.

WITH

Three DISCOURSES on the Nature and Cure of the CHOLICK, MELANCHOLY, and PALSIES.

Never before Published.

WRITTEN BY

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and Vapours, in a ſuperior and diſtinguiſhing Degree. And of all the Chronical Diſtempers that afflict the Body, or diſturb the Mind, theſe two, Conſumptions and the Spleen, are in this Kingdom the moſt rife and prevalent; and either directly by their own Power, or by introducing other Diſeaſes, make the greateſt Havock and Deſtruction among the People. As by the various Kinds of Fevers, if Dr. *Willis* judges right, a third Part of the People are taken off; ſo it is reaſonable to ſuppoſe that the like Proportion of thoſe that eſcape the Fury of inflammatory and malignant Fevers, are deſtroyed or made miſerable by the Diſeaſes of which I am ſpeaking. And therefore as I have publiſhed lately a Treatiſe on the Nature of Coughs and Conſumptions, and the Method of Curing them, for the Service of my Countrymen;

trymen; ſo in the ſame View I have now attempted to account for the Nature and Cauſes of the Spleen and Vapours, and have ſet down the Method and Medicines, which in my Judgment are the moſt effectual for the Relief of the afflicted Patients.

If a Phthiſis is juſtly called by Foreigners *Tabes Anglica*, or the *Engliſh* Conſumption, becauſe it is moſt predominant, and in a manner peculiar to this Country; I am well aſſured there is no leſs Reaſon to give to the Diſtemper I have choſen for the Subject of this Treatiſe, the Appellation of the *Engliſh* Spleen; ſince it has here gained ſuch a univerſal and tyrannical Dominion over both Sexes, as incomparably exceeds its Power in other Nations: for though in foreign Climates, eſpecially thoſe nearer the Sun, Diſorders of Mind, Lunacy, and diſturb-

ed Imagination, are very frequent; yet the *Engliſh* Spleen, as I have now named it, and as I have deſcribed it in the following Pages, is comparatively but ſeldom found among the Inhabitants of other Countries.

An Author that aims at the general Benefit of Mankind, and would extend the Uſefulneſs of his Works to all that read them, ſhould reflect, that Perſpicuity is a Perfection of Writing ſo neceſſary to this end, that without it the Senſe and Meaning of the Author is in a great meaſure loſt, even to attentive Readers; while the greateſt Part of Men will not peruſe, but lay by and reject thoſe Writings, becauſe of the Difficulty of underſtanding them; for Man by Nature is ſuch a ſlothful Animal, that he cares not for Knowledge and Inſtruction, that is not communicated in an eaſy manner; ſuch as gives him no Trouble, and requires but

but little Application. For this Reason I have endeavoured to convey my Sentiments to the Reader in clear and obvious Expression, not only to the Sons of Art, but to all intelligent Persons, though not great Scholars, or Students in Physick; and I hope there will not appear to Persons of a competent Capacity any thing intricate or obscure, for want of significant and intelligible Words; though sometimes it may happen otherwise, when the Subject-Matter it self is superior to their Apprehension, who have been wholly unacquainted with such Ideas.

Since all Diseases are Deviations from the natural Rectitude of the Constitution; and therefore break the Symmetry, and subvert the regular Coherence and Subordination of the various Parts, they cannot but introduce intestine Discord and Commotions, that tend to the Disso-

lution of the whole Structure: It is therefore reasonable to examine what Principles the human Body is compounded of, what Order, Connexion and Dependence is observed in a perfect Composition; that so Diseases that are the Errors or Defects of those Principles, and in some degree subvert their Harmony, due Mixture and Combination, may be discovered.

After *Aristotle*'s ill-managed System, supported neither by Reason nor Experiment, had the good Fortune to become the Philosophy in Fashion, the Physicians generally gave into the Doctrine of his School, and formed their Notions of Diseases and their Cure, in Conformity to the Peripatetick Principles, that by a swift Growth acquired great Power and Authority: and now the Errors of this crude and lazy Philosophy being admitted into the

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Æſculapian Colleges, and mingling with their Conceptions, corrupted and depraved the Simplicity of the Art of Phyſick, as it was carried on before by the experimental Practiſers. But at length a great Revolution happened in the Commonwealth of Learning, when the Authority of *Ariſtotle*, who had gained an Empire of vaſt Extent and long Duration over the Schools and Colleges of Knowledge, began to decline and grow out of Credit. And it is indeed wonderful that an Hypotheſis of Philoſophy ſhould continue ſo long in great Reputation, that had only imaginary Foundations to reſt upon. And now the Peripatetick Scheme began to be diſgraced by many, that, from a generous Principle to aſſert their natural Right to the free Exerciſe of Reaſon, upon an impartial Examination of Things, threw off the Yoke

of Servitude and *Ariſtotelian* Bigotry. And ſoon after, when the Colleges and Schools, that were defended by the Adherents of this Philoſopher, had revolted and rebelled againſt the Prince of Science, which was then his Title, the greateſt Part of the Heads of this Defection reſtored the Atomical or Corpuſcularian Doctrine; and then the Phyſicians turning about with the Times, eſpouſed this Hypotheſis, and framed their Notions in Conformity to it.

But *Carolus Piſo*, a *French* Doctor of conſiderable Reputation, endeavoured to revive the Philoſophy of *Anaxamenes*, one of the firſt Maſters of the *Ionick* School in *Greece*, who taught his Scholars, that Water was the fertile Parent of all compound Bodies; while others of equal Fame aſcribed their Production to Air or Earth, or Fire; for each Philoſopher had his favourite Element, on which he

he conferred the Honour of being the ſole Principle that conſtituted all the Varieties of corporeal Beings. Now the Author I have named, in his Poem before his Book *de Morbis Seroſis*, declares for the Doctrine above-mentioned, that all Things are produced from Water; and therefore in Congruity to that Hypotheſis, labours to ſhew in his Treatiſe, that Water, or *Serum*, in its defective and degenerate State, whether that conſiſts in an exceſſive and diſproportionate Quantity, or a depraved and putrefactive Quality, is the fatal Fountain whence Diſeaſes of all Denominations are derived.

It is true, that this Notion is extended to an unreaſonable Compaſs; for it is certain, that the ill Conſtitution either natural or acquired of the ſolid Parts, the relaxed Tone of the Fibres, the Glands and other organical Parts of the Body, or the Obſtru-

Obſtruction of the Minute Veſſels by various Impurities and Concretions, are evidently the Cauſes of many and great Diſtempers; but if that Author had confined his Notion to Fluids, and charged the Production of the greateſt Part of Diſeaſes, to which Mankind are obnoxious, on the vitiated State of thoſe Fluids, his Hypotheſis might have been looked upon as very juſtifiable: Since it is reaſonable to believe, that the Diſtempers that affect the Head, the Syſtem of the Nerves and the Animal Spirits, all proceed from the depraved ſerous Streams, that irritate and provoke the nervous Fibres, and drive the Spirits into Diſorder and Confuſion, as will appear at large in the following Pages.

But the Truth is, the ill Conformation of the ſolid Parts, and inordinate Diſpoſitions of the Juices or Serum, often conſpire as partial and confede-

confederate Cauſes in the Conſtitution of Diſtempers, and by affecting the Nerves, thoſe irregular noxious Humours muſt have yet a wider Province, than appears at firſt ſight. It is reaſonable to ſuppoſe, that all kinds of Feavers take their Riſe from the Nerves, ſince they all make their firſt Inſult and Impreſſions on thoſe Parts; as appears by the Rigours, Shiverings and convulſive Catchings and Tremblings, that introduce all kinds of this Diſeaſe, whether putrid or inflammatory; and when the Matter of the Diſtemper is diſcharged from the Nerves and received into the Blood, the Symptoms mentioned before, that belong to the *Genus Nervoſum* in the milder Sort of Fevers, diſappear, and are ſucceeded by a boiling Heat in the Blood, and uſually a great Thirſt. And it is very evident, that in Fevers attended with the greateſt Putrefaction

trefaction and Malignity, the Blood is not at all infected; but the deſtructive Matter convey'd by the Air, as it were a poiſonous Gaſs, a peſtilential Damp or deadly Exhalation, like that which is ſometimes let out by Delvers from metallick Veins, aboliſhes in a Moment all vital Motion, by extinguiſhing at once the Syſtem of the Animal Spirits: Thus in the Times of a raging Plague, Perſons walking in the Streets have fallen down dead in an Inſtant, as if ſtruck with a Flaſh of Lightning; and others have lived but few Hours after they were attacked: whence it is plain, that this worſt ſort of Fevers affect the Spirits and Nerves only, ſince they deſtroy the Patient, before they can communicate their Poiſon to the Blood, or produce any Symptoms there.

Now it is certain, that Hypocondriacal and Hyſterick Patients very often

often ſuffer the ſame Symptoms that introduce a malignant Fever; and ſo much reſemble each other, that they are not eaſily diſtinguiſhed; and therefore they often impoſe even upon Phyſicians, as well as the Friends of the Patients, as I have obſerved in my Treatiſe on Fevers.

While I agree with *Piſo*, that the Diſeaſes which affect human Bodies generally proceed from the Depravity and ill Diſpoſition of the *Serum*, or Fluids, diſtinguiſhed from the Blood, I muſt explain my Meaning, which I ſuppoſe was the Senſe likewiſe of the Author I have named; that is, that the *Serum*, which waters the Traces of the Brain, and paſſes through the *Medulla Spinalis*, and the minute Tracts of the Nerves, is not ſimple and unmixed elemental Water, but ſuch as contains the generous and active Principles of refined Sulphur, Spirit, and volatile Salt,

Salt, ſeparated from the Blood by the Miniſtry of the Glands, or the fine Pores of the Brain; and then I conceive that the degenerate and vitiated State of ſuch *Serum* is, according to the Opinion of our Author, the true Cauſe of moſt Diſeaſes; and that it is ſo, particularly of the Maladies I have diſcourſed upon in the following Treatiſe, will be ſhewn afterwards.

Since this Diſtemper has gone by the Name of the *Spleen* from the primitive Ages of Phyſick to this Time, one would think it reaſonable to conclude, that ſome Defect in the Function of that Bowel had occaſioned that Appellation; but on attentive Enquiry into the Office of that Organ, it evidently appears to me, that it was not formed for the Benefit and Preſervation of the Animal, of which it is a Part; and that therefore it is of no uſe at all in reſpect

ſpect of the Individual. Phyſicians and Anatomiſts in all Ages, and in all Nations, have endeavoured to diſcover and ſettle the miniſterial Duty of that organical Part; but notwithſtanding the great Variety of Schemes laid down for a due Explanation of it, the Uſe of the Spleen is ſtill a Secret that has eluded the Search of the moſt penetrating and ſagacious Enquirers.

Nor does it continue leſs a Myſtery, or involved in fewer Difficulties, ſince the late Attempt of a learned Phyſician and skilful Anatomiſt to unfold it. It does not however caſt any Diſhonour on that ingenious Gentleman, that he has not found out the Uſe of the Spleen, which the greateſt Phyſicians and Anatomiſts in all Ages have laboured in vain to diſcover; for thoſe that undertake an impoſſible Task, are ſure to miſcarry. And that this

is ſuch, I conceive I have made evident, by demonſtrating that the Spleen is of no uſe to any Individual that enjoys it, which I have done in my *Eſſay on the Spleen.* But that which is ſurprizing in his Conduct, is, that he ſhould attempt, after this, to diſcover a new Way of accounting for the Uſefulneſs of that Bowel, without confuting the Evidence I have produced to prove that it is of little or no Service at all in reſpect of the particular Animal in which it is found.

The Extirpation of the Spleen, without any conſequent Miſchief, is an unconteſted Matter of Fact down to this Time from the eldeſt Ages, even before the Art of Anatomy or Diſſection of human Bodies was well cultivated, and brought to ſuch Degrees of Perfection as it afterwards acquired. And the Experiments of the Antients in this Caſe have been

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abundantly confirmed, by the concurring Teſtimonies of the moſt eminent modern Anatomiſts, particularly the celebrated *Malpighius* has recorded in his excellent Writings, many Inſtances of this Nature, in which himſelf was concerned, at leaſt as a Director and an Eye-witneſs of the Operation.

If the Spleen then may be taken out entirely from the Bodies of Animals, and thoſe Animals continue without any Marks of Injury or Diminution of Health in any reſpect whatſoever, but in the Poſſeſſion of as full Vigour and Alacrity as before; then will it clearly follow, that this is an unneceſſary or unuſeful Organ of the Body, in reſpect to the Individual that is poſſeſſed of it: the Conſequence is as clear as Noon-day. Now it evidently appears by repeated Experiments, as I have ſaid; that the Spleen may be taken out of the

Body, without the leaſt Detriment to the Animal; and I my ſelf have opened the Side of a Dog, and torn off with my Fingers the Spleen from the Parts to which it grew; yet without ſo much as tying up the Veſſels, the Wound in the Side being ſowed up, the Creature ſoon recovered, and ſhewed no ſign of any Damage, or loſs of Strength and Spirit, and continued in this healthful State more than a Year after, and much longer, as far as I know.

It is in vain then for Anatomiſts to proceed in an obſtinate Oppoſition to the cleareſt Evidence, and loſe their Time and Labour in ſearching after the Uſe of the Spleen; which if the Arguments I have publiſhed are concluſive, is unneceſſary to Individuals. And that my Arguments are unanſwerable, I hence conclude, that they having been abroad ſeveral Years in my Eſſay on the Spleen,

Spleen, cited before, no Phyſician or Anatomiſt has attempted to diſprove them: And therefore I cannot but think that they look upon it as too hard a Task; for if they judged themſelves able, I have no Reaſon to believe they are unwilling to confute my Poſition. And if any learned Phyſician or Anatomiſt, that thinks he can invalidate my Reaſoning, and ſubvert my Hypotheſis, would do me the Favour to detect my Error, by ſhewing the unconvincing Weakneſs of my Arguments, I will give him ſincere Thanks, and retract my Miſtake: And it may likewiſe be a Motive yet more prevalent with him to do this good Office, when he reflects, that by his clear and rational Diſcourſe on this Subject, he may prevent others from falling into the ſame Error with my ſelf, which they may be apt to do, ſince ſo much may be ſaid in Vindication of my

Aſſertion; for it is paſt all Controverſy, from repeated Experiments, as before-mentioned, that the Spleen may be wholly ſpared; and that after Exſection, it will not be miſſed by the ſurviving Animal. And ſurely if it is ſo very unuſeful to the Individual, that it neither contributes to the Preſervation of his Health, Vigour and Vivacity, nor to the Beauty and Strength of its Structure, nor the Exerciſe of any one of its Faculties, we may then ſafely conclude, (for no Demonſtration can be more evident) that this Bowel, like other organical Parts, contrived for Procreation, is inſignificant and unſerviceable to particular Animals; and then it follows undeniably from thence, that it muſt be formed and deſigned for ſome Office in promoting the Propagation of the Species; for no Man that acknowledges the Perfections of the Divine Author,

thor of Nature, can imagine that an intelligent Agent would act without an End; that he, that has appointed some Service and Use to the minutest Fibres and Glands of the Body, would contrive such an ample and admirable Organ, that takes up so much room in the Abdomen, and by its large Dimension and curious Fabrick, demands such Attention and Regard, should notwithstanding be subservient to no considerable Purpose whatsoever: and yet this must be the unavoidable Consequence, if it be not formed and intended for the End which I have named, since it must be destined either for the Service of the Species or the Individual.

It is impossible to inspect and contemplate this large Organ, without concluding, that it must have some important Office in the animal Administration, and that it is not a superfluous

and impertinent Fungus, or an Error or Sport of Nature; and then it will leave in the Mind no Ground or Reaſon of doubting, no not the leaſt Heſitation about granting this Concluſion, that the Duty of the Spleen, which is little, if at all, concerned about the Preſervation of the Individual, muſt almoſt wholly regard the Continuation of the Kind. If it be ſaid, that there may be other Uſes of the Spleen regarding the Individual, though they are not yet diſcovered by any Author; and that it is not juſt Arguing to aſſert, that there is no ſuch Uſe, becauſe it is unknown, which is the Caſe of Multitudes of Phænomena; nor that it is allowable for me to aſcertain any Uſe meerly from this, that others have miſcarried in their Attempts to diſcover it:

To this I anſwer, that I do not aſſert any Uſe of the Spleen, but on the

the contrary, have proved that it has none at all, as to the Individual, which is the Point in Controverſy. And my Arguments are equally concluſive againſt all the Uſes of the Spleen, which Authors have hitherto aſcribed to it, and any others whatſoever, that may be imagined to be yet undiſcovered. For if it is certain that the Spleen may be cut or torn from the Side, without the leaſt Hurt to the Health of the Animal, the Truth of which is eſtabliſhed by undeniable Experiments, as above-mentioned; then what can be more clear than this, that in reſpect of the Animal, whence it is taken, it is an idle or ſuperfluous Organ; ſo that whatſoever Uſe may be ſuppoſed to be ſo hidden, that it eludes the Obſervation of the moſt penetrating and ſagacious Men, it is plain that it can have no Office or Function of any Moment or Importance to the Creature,

ture, which can live very comfortably, and perform all the Functions of Nature, as well without it as with it; it follows then from what has been ſaid, that the Propagation of the Kind, by ſome way or other, was the End aimed at in the Formation of this curious Bowel, and by what Ways it contributes to it, I have expreſſed my Sentiments in my Eſſay on the Spleen, at the end of theſe Pages, to which I refer the Reader.

But here I muſt declare, that if I have not been ſucceſsful, as I hope I have been, in explaining the Way and Method by which it contributes to Procreation; yet ſtill I affirm, that whatever Uſe it has, it muſt regard the Continuation of the Species, and not the Individual: And therefore if I have not ſufficiently unfolded the Manner how it is performed, yet my firſt and main Poſi-

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tion is not affected by it; for ſtill it muſt be allowed an undeniable and eſtabliſhed Truth from the unanſwerable Arguments that enforce it, that the Uſe of the Spleen principally, if not wholly, reſpects the multiplying of Individuals.

Theſe Arguments appeared ſo concluſive to ſeveral learned and judicious Gentlemen, that they told me, they looked upon my Hypotheſis as eſtabliſhed on good Reaſons; nor have I heard of any Objection made againſt it, except that one ingenious and learned Phyſician told me, he thought it was too much to build an Hypotheſis upon a ſingle Experiment. But this Inſinuation, that I have really built an Opinion in Anatomy upon a ſingle Experiment, muſt ariſe from Inattention or Diſingenuity; the main Hypotheſis I have advanced is, that the Uſe of the Spleen little concerns the Individual, and there-

fore it must respect the Species. To evince the Truth of the Proposition, I have alledged my own Experience, and cited others from the most accurate and skilful Anatomists, that sufficiently prove that this Bowel may be entirely spared, since the Animal feels no want of it in any Respect whatsoever: And if so, my Position stands unshaken, that this Bowel was formed for the Service of Generation, since it contributes little or nothing to the Benefit of Individuals; otherwise here is an eminent Bowel made for no Purpose, since it is neither useful to the Individual nor the Species. This is my Argument, founded on numerous and undeniable Experiments on various Animals; and the Way which I have suggested how the Spleen is subservient to Procreation, is likewise strengthened by Observations. How then can any Gentleman affirm, that my Notions are only

only ſupported by one Experiment? And what if this laſt Opinion had been built on no Obſervation or Experiment at all? Are theſe always wanting, even when ſcientifick Evidence may eſtabliſh the Truth of any Propoſition without them? And though it ſhould be granted, that I have not clearly ſhewn the Way how this Bowel promotes Generation, yet that it does ſo, I have clearly proved by unanſwerable Arguments; and ſo am at leaſt in this Diſputation on an equal Foot with the whole Profeſſion, who believe that the Spleen is formed for the Service of the Individual, but are all ignorant how it performs its beneficial Office. And therefore the Truth of my main Poſition, that the Spleen is formed and contrived for the ſake of the Species, does not ſtand or fall with that of my laſt Suggeſtion concerning the Way of its Uſefulneſs; the

the firſt I mention as certain, the laſt only as probable; and each Concluſion is deduced from different Premiſes in my Argumentation.

Notwithſtanding I have ſome Years ago publiſhed an Eſſay on the Spleen, as ſaid before, together with other Miſcellaneous Tracts; yet I have there treated the Subject only as a Philoſopher, that enquires into the Works and Operations of Nature: and aiming at the Entertainment and Inſtruction of politer Readers, I have accommodated that Writing to their Taſte, who are not ſo well pleaſed with grave and ſevere Diſquiſitions: But in theſe Pages I have managed the Subject as a Phyſician, and have ſaid no more than what prepares my Way for laying down the Method of Cure. I have however added at the latter end the Diſſertation before-mentioned; which, as it relates to the ſame Diſtemper,

ſtemper, ſo it contains many Things that will give more Light into the Nature of it, and its various Symptoms; and ſo make this Performance more clear, and the Syſtem of my Notions more compleat. Though I have endeavoured to introduce little of that Writing into this, yet ſome Repetition of Words, Sentiments, and Matters that often occur, and are co-incident in this Treatiſe, and the Eſſay added at the end, being unavoidable in the Conduct I have obſerved, will, I imagine, be forgiven by the judicious Reader.

As to the three Diſcourſes on the *Cholick*, *Melancholy*, and *Palſies*, that follow this Treatiſe on *Hypocondriacal* and *Hyſterick Affections*, I ſhall not anticipate the Reader, by giving any ſummary Account of them in this Place. All that I ſhall ſay is this, that tho' I have not diffuſed and extended the Subjects to a great Length,

Length, by entering into the Conſideration of many minute and leſs important Matters, that are fitter to ſwell a Volume, than to inſtruct and entertain the Reader; I hope, however, that I have ſet the Nature and Kinds of each of thoſe Diſtempers, as well as the Methods of Cure, in ſo full and clear a Light, that he will find no Reaſon to complain of too great Succinctneſs and Brevity.

Since the writing of this Preface, I have received ſome Remarks from an ingenious and learned Phyſician, who did me the Favour to peruſe it, for which I return him my hearty Thanks. That which is of the greateſt Importance in his Obſervations, is, his Objection to my Poſition, That the Removal or Extection of the Spleen may be performed, without deſtroying the Health of

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the Animal. If this, ſays he, were plainly demonſtrated, I allow (and it would be very ſtrange if he ſhould not) that the Spleen is unneceſſary as to the Individual. But then he declares, that in his Opinion the Arguments and Inſtances that I have brought in Evidence to eſtabliſh the Truth of my Aſſertion, are not ſatisfactory; becauſe, ſays he, 'there 'is required a greater Space of Time, 'and a long Series of convincing, 'repeated Experiments, to ſupport 'my Hypotheſis.' When I had deliberately reflected on this Remark, I continued ſettled in my Opinion, that I had made good my Allegation, by ſufficient and unanſwerable Reaſons, and that I had not left any warrantable Ground of doubting about the Validity of my Proofs. And then I intended in this Preface to ſet the Matter in a ſtronger Light, and add an Anſwer to the Objection

before-mention'd: But afterwards conſidering that I ſhould not find room enough in a Preface, without ſwelling it to a very inordinate Size, to do this ſo fully and effectually, as not only to remove Objections and Difficulties from the Minds of candid and impartial Enquirers after Truth, but likewiſe to give them Satisfaction, who ſhall be the moſt indiſpoſed to receive it, and thro' the Power of Prejudice or Party-Paſſions, have the greateſt Reluctance and Diſpleaſure to be undeceived and rightly informed; I reſolved to publiſh a diſtinct Diſſertation on this Subject, that is, that the Spleen may be ſafely taken out of the Bodies of Animals without any conſequent Diſeaſes, or any greater Alterations, than thoſe that happen upon the Exſection of the Organs ſubſervient to the Propagation of the Species, of which my Hypotheſis makes the Spleen to be one.

OF

ERRATA.

PAge 16. Line 14. for *Unconcealed* read *Conceal'd.* P. 20. l. 7. for *Deglution*, r. *Deglutition.* Ib. l. 10. read *while the Patient is.* P. 37. l. 4. after *from* add *it.* P. 43. l. 26. f. *Blood Lymphæducts*, r. *Blood Veſſels and Lymphæducts.* P. 71. l. penult, f. *the* r. *Their.* P. 88. l. 6. f. *repeat* r. *increaſe.* P. 91. l. penult. f. *Voluntary* r. *Involuntary.* P. 102. l. 15. f. *He feels*, r. *ſhe feels.* P. 110. l. 13. f. *Darmant*, r. *Dormant.* P. 116. l. laſt but ſix, blot out *of the.* P. 117. l. 16. add *are* after *Tunbridge.* P. 133. l. 1. leave out the firſt word *and.* P. 199. l. 1. after *when*, add *the.* l. 5. after *Medicine*, add *is juſt.* P. 209. l. 19. leave out *ſo* between *lye* and *ſlatted.* P. 246. l. 1. f. *Spirits* r. *Diſorders.*

OF THE

Spleen *and* Vapours, &c.

NOTHING was ever ſo crudely and ſo ill imagined as the Hypotheſis of the Ancients, which likewiſe has been eſpouſed by a great Part of modern Phyſicians, concerning the Nature of theſe Diſeaſes; which I ſhall afterwards ſhew, are one and the ſame under different Denominations. As the primitive Practicers aſcribed Hyſterical Paſſions to noxious Fumes and Vapours, aſcending I know not how, from the Womb, ſo they fancied that Hypocondriacal Affections have their Riſe from dark and windy Steams and Exhalations elevated from the Spleen. Now in the firſt Place to make it evident that this

Account, as well as the Schemes of all other Writers, that charge the Guilt of Hypocondriacal Sufferings upon the Organ before-mentioned, is meerly imaginary, as having no Foundation to support it, I will describe the Structure of the Spleen, according to the Observation of the best Anatomists; and then ascertain the Office, which, as it appears to me, that Bowel performs in the animal Oeconomy; and I will then explain its Nature, enumerate its Symptoms, and lay down the Method of Cure. After that I will shew the Nature and Causes of Hysterick Affections.

Of the STRUCTURE *of the* Spleen.

THE integral Parts that compose this Fabrick, are not formed of coagulated or condensed Blood, as the Ancients, for want of Skill and just Reflexion, rashly affirmed; but the Spleen is a System of membranaceous Fibres, Nerves, and Blood-Vessels, so closely connected, that they leave only little Cells and narrow Apartments, but no Cavity capacious enough to be the receptacle of any Recrementitious Liquors, supposed to

to be ſeparated by occult Strainers from the Blood: Nor can any ſecretory Veſſels be diſcovered by the moſt induſtrious and penetrating Enquirers, deſigned for carrying off any ſuperfluous or hurtful Humours lodged there. The Kidneys have their papillary Glands to ſeparate the ſerous Parts from the Blood, and the Ureters are form'd to convey them away; ſo the Liver, the Pancreas, and the innumerable Family of the Glands are endowed with proper Capacities for Separation, ſufficient Receptacles and due Outlets to enable them to depurate the Blood, and free it from noxious or encumbring Humours, which is the Province that Nature has aſſigned them: But ſince no ſuch Proviſions are made in the Contrivance and Formation of the Spleen, we may as ſafely conclude it was not intended for ſuch a Task, as that the Hand was not made to ſee, or hear, being altogether unprovided of Organs ſubſervient to thoſe Purpoſes; and therefore it is evident, that it cannot be an Inſtrument contrived to refine the Blood, by dividing from it the dark, dreggy and melancholy Parts, and receiving them into its own Boſom. And this Obſervation leads me to the Contemplation of a very litigated Subject, I mean the Uſe of the Spleen in the animal Government.

Of the USE *of the Spleen.*

THE Divine Author of Nature, to humble the Pride and confound the Vanity of arrogant Wits, and conceited Philoſophers, who would fain penetrate and comprehend unſearchable Wiſdom, and diſcover Ways paſt finding out, has left many inexplicable Subjects and myſterious Appearances, as well in his Works of Creation, as thoſe of Providence. It is true, as the Author of Nature delights to be honoured by various Men, in various Countries and Ages, and has ſtill propagated Knowledge by Degrees, and enabled curious and inquiſitive Heads in a ſlow Succeſſion to bring to Light many important Secrets in the Works and Operations of Nature, which were involved in Darkneſs, and lay concealed from the Obſervation of their Anceſtors; ſo it is evident, that the Philoſophers of the preſent Age have been favoured with a great Share of this enlightening Bleſſing. But notwithſtanding all the Improvements and Advances hitherto made by Anatomiſts and Phyſicians, an immenſe Number of Difficulties are ſtill

behind, which the moſt ſagacious and accompliſhed Wits are altogether incapable of unriddling.

The Uſe of this conſiderable Bowel is one of the numerous Claſſes of *Phænomena*, that remain unexplained. It has eluded the Searches of the tracing Knife, and the acuteſt Reaſon, and continues the Reproach of Anatomiſts, and the Diſhonour of Phyſicians, while Multitudes of the moſt eminent Sons of Art have attempted to diſcloſe this great Secret in vain; ſo that the Capacities of Men have hitherto proved unequal to the difficult Task.

Some of the eldeſt Phyſicians looked on the Spleen as a noxious, or at leaſt a ſuperfluous and uſeleſs Part, not being able to diſcover what Function it diſcharged, or what Poſt it poſſeſſed in the animal Government: And therefore they thought it beſt to be rid of it by Force, as a *Fungus* or Excreſcence, not only inſignificant but apt to raiſe great Diſorder and ſeditious Ferments in the Blood. But the far greateſt Part believed, that the wiſe Author of Nature made nothing in vain; and reflecting that the minuteſt Parts of the Body have their deſtined Uſe, and are ſome Way ſerviceable to the whole, could not believe that a Bow-

el, which made such a conspicuous Figure by its Size, and the great *Apparatus* and Equipage of Membranes, Arteries, Veins, Nerves and bladdery Substances, that attended it, could be formed and contrived by the intelligent Artificer for no End; especially considering, that this Bowel is found in all perfect Animals except Birds: On the contrary, they declared their Opinion, that an Organ of such Dimensions, such a wonderful Structure, and such a Situation in the Body, must be contrived and designed by the Divine Author for some important Use. But scarce ever was known a greater Diversity of Opinions upon one Subject, than has happened among the Sons of the healing Art, concerning the Office of the Spleen, and its Usefulness. Most of the old Fathers of Physick made it the Sink of the Body, and assigned to it the Duty of a Spunge to drink up impure Recrements, the melancholy Dregs and Lees of the Blood, without discovering any Conveyances to carry them off; which therefore by continually receiving and never discharging, such a black and foul Sediment must unavoidably swell to an immense Size, in what Bodies soever it is found. Others that contemplated the Magnitude, the curious Structure, and the

the Place where it is lodged, refuſed to debaſe a Bowel of ſuch Diſtinction to ſo low an Office, as that of a meer Scavenger of Nature to carry off the thick Grounds and groſs Juices of the Blood, for the Diſcharge of which the Ancients had however provided no Outlet or Secretory Canals, by which means the Spleen, as ſaid before, muſt be overwhelmed, and vaſtly diſtended; and therefore theſe Moderns ſtarted another Notion, to account for the Uſe of this Part. They ſuppoſe that the thicker Blood, conveyed to the Spleen by its proper Artery, is refined and exalted there to a proper Conſiſtency, and a due State of Purity, leſt the groſſer Parts communicated to the reſt of the Blood by the Veins, ſhould infect and pollute the whole Maſs. But againſt this Hypotheſis it may be urged, that the Blood that enters into this Organical Bowel by its proper Artery, is not thicker or heavier than other arterial Blood, as *Malpighius* has ſhewn by undeniable Experiments; and if it were, yet it muſt be conſidered that Nature, to refine and purify the Blood, always employs her Inſtruments the Glands; but here are none that attend the Artery of the Spleen for this End; and if they did, to what Purpoſe

would they be ſubſervient, when the Blood, together with the ſeparated Humour, muſt preſently be conveyed to the Veins, and be there again mingled in one Current?

Some have taken a Fancy to aſſign to this Bowel the Province of another Liver, that converts a Portion of Chyle, communicated to it, into the Nature of Blood, for the Service of the inferior Belly. But if it be conſidered, that the Blood conveyed to the Spleen, is as bright and pure as any that flows in the other Arteries; that there is no Inſertion of Lacteal Veins to be Inlets for ſuch Chyle; and that the Chyle mixed with the Blood in the Heart and Lungs, and afterwards ſent to the Spleen, has already been aſſimilated and converted into the Nature of Blood, as much as that in the other Veſſels diſſeminated through the Frame of the Body; this Hypotheſis muſt fall to the Ground.

Others aſſert, that the Uſe of the Spleen is to convey, by the *Vas breve*, an auſtere or acid Juice, or a fermenting Spirit into the Stomach, as well to aſſiſt and compleat its digeſtive Faculty, as to improve and quicken the Appetite: While ſome contend, that its natural Office is to provide a Liquor auſtere and ſharp in a cer-

a certain Proportion, whoſe Duty, as an active Leven, is to ſtimulate and quicken the animal Spirits inhabiting the Nerves, diſperſed through this intricate Organ; and by that means exalt them to ſuch a Degree of Purity and Swiftneſs, as is required for their proper Functions and the Service of Nature; which Notion I have confuted in my *Eſſay* on the Spleen.

The celebrated *Malpighius*, an aſſiduous and accurate Searcher into Nature, has enumerated theſe various Suppoſitions, except the laſt, and by ſolid Reaſons, founded upon juſt Anatomical Obſervations, fully confuted them; yet he acknowledges, that he is wholly at a loſs what to think of this admirable and artful Organ; he offers, however, his Conjectures, which he imagines are probable; yet he ſpeaks with ſuch Modeſty, ſuch Diffidence and Fluctuation, that will tempt the Reader to believe that he laid no Streſs upon them: He imagines, that from the Arterial Blood conveyed to the Spleen, ſome Impurities may be ſeparated by the Arteries themſelves, and ſo be communicated to the Veins, which may, as he conceives, carry them off, and ſo perform the Duty of ſecretory Veſſels, as the Arteries without the Miniſtry of the Glands, had before performed

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the Office of Straining and Separation. But this ſagacious Anatomiſt, who has deſerved ſo well of the World by his Obſervations, has by no means given a ſatisfactory Account how the Blood-Veſſels in the Spleen can poſſibly perform theſe two diſtinct Offices: Several of the Arguments he uſes to ſubvert the different Schemes of others, effectually deſtroy his own; and it muſt be confeſſed, that the proper Duty of this Bowel for the Service of the animal Life, is ſo difficult to be accounted for, that it is no wonder ſo many eminent Authors have given ſo many different Opinions, while they contend in the Dark, and where every one can demoliſh another's Hypotheſis, but none have convincing Evidence to eſtabliſh their own. The natural Office then of the Spleen is hitherto a profound Secret, ſcreened in impenetrable Obſcurity from the Approaches and Views of the moſt ſubtil Enquirers into the intricate Receſſes and Walks of Nature.

I have hitherto diſcourſed of the Subſtance, Fabrick, and Office of this admirable Organ, the Spleen, that I may prepare a Way to the Diſcovery of the Nature of Hypocondriacal and Hyſterick Diſtempers, by removing from this Bowel the Guilt that is charged upon it, as

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the Author of those disorderly Affections; since, as I have evidently proved in my *Essay on the Spleen*, it is little or nothing concerned about the Health and Conservation of the Animal, of whose Body it is a Part; and tho' when it is it self distempered, and contains inordinate, austere, and too acid Juices, it may stimulate the Nerves dispersed through its Substance, and agitate the animal Spirits their Inmates, and so drive them into irregular and convulsive Motions, yet this is no more than what is common with it to all the rest of the Bowels, and less important Parts of the Body, each of which in its Turn may from the like Cause produce the like Effect; that is, all the *Viscera* and Glands of considerable Amplitude dispersed through the Body, may sometimes contain such a Leven or Ferment, that may so far grieve the Nerves and irritate the Spirits, as to impel them into such irregular Flights and Agitations, as are observed in Hypocondriacal Patients.

I shall first enter upon the Nature and Properties of Hypocondriacal Affections, which in my Judgment evidently consist in the irregular and disturbed Motions of the Spirits, and the irritable Disposition of the Nerves; and this was the Opinion

of Dr. *Willis* and Dr. *Sydenham*, and now, I imagine, generally obtains. Upon this Hypotheſis the anomalous, inordinate, and ſometimes enormous Appearances that accompany this Diſtemper, may be effectually accounted for, which cannot by any other Way of thinking be unfolded to the Satisfaction of Perſons of Reaſon and Reflection; not ſurely by the extravagant and ill-concerted Scheme of thoſe Phyſicians, who ſuppoſe the Spleen is a Receptacle of groſs Feculencies, ſeparated from the purer Blood; whence they imagine that dark Reeks and Exhalations riſing to the ſuperior Parts, eſpecially the Brain, produce the Diſorders that attend this Diſeaſe. Theſe Authors, one would think, were in very whimſical Circumſtances, and far gone in the Diſtemper which they endeavour to explain. It was an odd Fancy to make this Bowel the Ciſtern and Sink of the groſs Lees and thick Settlements of the Blood, and at the ſame time to ſuppoſe it to be the Spring of pleaſant Humour and Alacrity; *Splen ridere facit*; that is, to make it at once the Fountain of Mirth and Melancholy, that cauſes us by Turns to laugh and cry. This extravagant Conceit may well make the Reader merry; but how the Impurities and foul Dregs in the

Spleen

Spleen ſhould cauſe the Patients profuſe Laughter, is an unaccountable Myſtery.

Nor are the Symptoms of this Diſeaſe to be accounted for, by the Hypotheſis of Dr. *Highmore*, and others, who ſuppoſe that it proceeds from Crudities, and depraved auſtere Juices in the Stomach, an immoderate Diſtention, or relaxed Tone of that Organ, and defective Digeſtion; which Suppoſition the learned Dr. *Willis* has abundantly confuted.

Nor is *Velthuſius* more ſucceſsful in his Attempt to explain the Cauſe of this Diſtemper, who has formed an Hypotheſis with greater Ingenuity than convincing Light and Solidity, as our Countryman before-named has evidently ſhewn: Nor is this celebrated Author himſelf more happy in diſcovering the Cauſe of this Diſeaſe. He ſuppoſes that the more earthy and melancholy Parts of the Blood conveyed by the Artery of the Spleen into that Bowel, being ſeparated and lodging a while there, are exalted into the Nature of a Leven or Ferment, which in a healthful Conſtitution inſpires the reſt of the Blood, and enlivens the Spirits in the Nerves in ſuch a Degree, as conduces to the regular Diſcharge of their Duty in the animal Oeconomy; and if this Leven is too much exalted, and degenerates

rates into a State too ſowre and auſtere, he ſays that then it overdoes the Deſign of Nature, and becomes very hurtful, and ſtimulating the Nerves and Spirits, produces Hypocondriacal Symptoms: This he ſays in his Book *de Fermentatione*; though afterwards, in other Writings, he ſeems not to appropriate this Effect to the Spleen, but allows ſuch Diſorders may proceed from depraved Humours in the reſt of the Bowels.

Theſe are arbitrary and precarious Hypotheſes, the Inventions of Fancy and Imagination, unſupported by Reaſon and Anatomical Obſervation; for, as *Malpighius*, cited before, has ſhewn by plain Experiments, that the arterial Blood entering into the Spleen, is as pure and florid as that in the other Parts of the Body; ſo if muddy and dark Impurities are mixed with it, yet as there are no glandulous Strainers to make a Separation, and if there were, no Conveyances to carry off what is ſeparated, for want of which the dreggy and groſs Parts, conſtantly flowing in, and yet finding no Outlet or Conveyance to the Veins, the Spleen muſt be augmented, and ſwell to an enormous Size, as before has been obſerved. It is in vain then for Anatomiſts and Phyſicians to ſpend their Time, and rack their Imagi-

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nations in ſearching after the Cauſe of this great and common Diſtemper, in a Bowel unconcern'd with the Health and Preſervation of the Animal, but is framed and deſtined for another Uſe; they may as well ſeek after the Cauſe of the Small-Pox, or a Pleuriſy, in other organical Parts, evidently contrived for the Propagation of the Species.

Of the SYMPTOMS, *&c.*

HYpocondriacal Men are, for the moſt part, meagre, thin, and unmuſcular; of a pale, almoſt livid, and ſaturnine Complexion, and a dark, ſuſpicious and ſevere Aſpect; nor unlike to this is their Temperament and Diſpoſition, ſuch Perſons being very ſcrupulous, touchy, humourſome, and hard to pleaſe: their Pulſe is uſually weak, and below the Standard of Nature in other Men, and often too ſwift, like that in a hectick Fever. As to their Urine, there is ſeldom any remarkable Appearances that diſtinguiſh it from that of others in a healthful State, except this, that it is thin, pale and inſipid, and flows in a profuſe Quantity

tity in a Fit of the Spleen, like that occaſioned by a Diabetes, or promoted by drinking Wine in an immoderate Degree; or like that of Women labouring with hyſterick Paſſions, called Vapours; or of Perſons, though in Health, when terrify'd and affrighted, or under a violent Apprehenſion of imminent Danger.

The Seeds of this Diſtemper, like thoſe of an hereditary Conſumption, Lunacy, and ſcrophulous Tumours, are often complicated and interwoven with the firſt Principles of Life, where they lie quiet and unconcealed, till the active Ferments of Puberty or adult Age unfold them, and gradually diſengage them from their Coherence with the Blood, till thus ſet at liberty, they begin to exert their noxious Force, and expreſs their growing Cruelty; and then they are undiſtinguiſhed from other Diſtempers in Embryo: for this *Proteus*, this Poſture-Diſeaſe, can aſſume the Shape and Figure, and the Part of many others of different Denominations; and at this time, when the Hypocondriacal Seeds diſentangled and let looſe, begin to ſhoot and come forward, the Spleen, which before was of a red and florid Colour, becomes now dark and livid.

This Diſeaſe vulgarly called the Spleen, is attended with a long Train of Com-

plaints,

plaints, and a ſad Variety of Sufferings, of which the principal and moſt conſtant are theſe. Firſt, a deprav'd Diſpoſition of the Stomach, and an impair'd digeſtive Faculty, accompanied with an eager Deſire to eat, and ſome Hours after Meals with great Oppreſſions and grievous Pain of the Stomach; which likewiſe is ſometimes ſo fill'd and diſtended with Storms of Hypocondriacal Winds, that this Receptacle, and the inferior neighbouring Parts, ſeem a dark and troubled Region of animal Meteors and Exhalations, where oppoſite Steams and rarify'd Juices contending for Dominion, maintain continual War. Theſe Ferments and flatulent Effluvia, while they infeſt the Cavity of the Stomach and Colon, to the great Diſturbance and Suffering of the Patient, ſtrive and ſtruggle for Vent with great Noiſe, like Vapours and Reeks impriſon'd in Caverns under ground: hence proceed thoſe tumultuous Belchings and loud Eructations that accompany this Contention. This exploſive Labour of the Stomach, attended with theſe violent Eruptions, and joined with a ſounding Convolution of the Inteſtines, is likewiſe a notorious Effect of this Diſtemper. Theſe crude and offenſive Ejections from the Stomach, are ſometimes ſowre to that degree, that they cor-

rode the Teeth and the Organs of the Gullet, till it becomes very difficult to ſwallow, and ſometimes they are exceeding hot and painful, aſcending from yellow or dark burning Choler.

But this Symptom ſeems no more than a Branch or Offspring of the former; for it is by reaſon of the degenerate concoctive Power of the Ventricle, that the ingeſted Foods are imperfectly converted into Nouriſhment; and ſince for this Reaſon, a great Quantity of Crudities and undigeſted Leavings afflict the Stomach, it muſt follow, that the Effluvia or Exhalations breaking from them, muſt partake of the ſame noxious Qualities with the unconcocted Remnants of the Meats in the Stomach; however ſometimes theſe Ructations and Exploſions are inſipid and inoffenſive.

From hence likewiſe ariſes an immenſe Production of windy Effluvia and Evaporations, that aſſembled in the Parts adjacent to the Stomach, ſometimes murmur, croak, and grumble; and ſometimes, impatient of Confinement, with a loud and rumbling Noiſe, roll through the Cavities of the Colon and the hollow Regions in the Belly and the Sides, beneath the Short-Ribs; and by theſe violent Courſes and Incurſions, they diſtend the ambient Parts

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in which they are encloſed, as well as by their Acrimony they vex and vellicate their Membranes, to the great Suffering of the Patient. But the chief Seat of this Uproar and furious Conteſts of Hypocondriacal Vapours, is the Colon, which often includes theſe boiſterous Gueſts; and by reaſon of its crooked Figure in one Part, and its unequal Amplitude in others, is more obnoxious to the Violence of theſe inteſtine Tempeſts, urging and labouring to be ſet at liberty; whence proceed extream Pain, violent Gripes, and tormenting Spaſms and Stitches, which, without reaſon, are vulgarly aſcribed to ſome Defect or ill Ferment in the Spleen. And it ought here to be obſerved, that the ſwelling of the Spleen in Hypocondriacal Paroxyſms, may be nothing elſe than the exceſſive Diſtenſion of the Colon, that bears with Violence on the Left Side, where the Spleen is ſeated; which gives occaſion to believe that this Bowel it ſelf is much amplified.

Beſides theſe terrible Diſorders in the Colon, ſometimes a great Agitation is perceived in the Cavity of the Abdomen, in the Meſentery, and the neighbouring Parts.

The Stomach is likewiſe often oppreſſed with a great Collection of crude, un-

digeſted Humours, and ſowre, bitter, and bilious Juices, which ſo much burden and ſtimulate its Coats, that after grievous Sickneſs, they eject them by frequent Vomiting; and, as ſaid before, the Contents are often ſo ſharp, as to corrode the Teeth, and ſo far interrupt the Faculty of Deglution, or the ſwallowing Twitch, that the Sufferer fears an imminent Suffocation: the Patient is often troubled with Heart-burning, or a Cardialgia, from brown and aduſt Choler.

The Symptoms of this Diſtemper, in the Subſtance of the Spleen, are ſometimes by Paroxyſms, Pain, and Soreneſs; but the acid, auſtere, and fermentative Juices, ſuppoſed to inhabit there for Nature's Service or Detriment, are the Effects, and not the Cauſes of this Diſtemper called the Spleen, as I ſhall afterwards ſhow; an uneaſy Pulſation or Beating of the Cœliac Blood-Veſſel is likewiſe another Appearance relating to this Bowel.

The Heart in this Diſtemper is often affected with Palpitation and Trembling, Faintneſs and Sinking of Spirit; and in ſome Paroxyſms it ariſes to ſuch a degree, that the Patient looks upon himſelf as dying, and cannot be perſuaded to the contrary. Sometimes ſuch is his unhappy Caſe, while he believes his Fate is imminent

nent and inevitable, he ſeems certain in himſelf, though not in the leaſt Danger, that he ſhall expire in a quarter of an Hour. Sometimes he cries out, I am juſt going and ſinking; ſometimes, in his Opinion, he is cold, and dead half-way; and though ſtanding firm on his Feet, and well-looking, deſires to be put to Bed, and laid out as a lifeleſs Body: nor is it poſſible to raiſe in theſe Perſons the leaſt Suſpicion that all this is no more than a phantaſtick, frightful Scene and Hypocondriacal Deluſion.

This Diſeaſe is often attended in the Region of the Cheſt or Thorax, with difficult and uneaſy Breathing, ſometimes occaſion'd by the inordinate Elevation of the Parts included in the Abdomen, preſſing the Diaphragm or Midriff upwards, and hindering its due Deſcent that is required for the Office of Reſpiration; and ſometimes by the depraved Aſthmatical Diſpoſition of the Spirits and Muſcles of the Breaſt, that grown defective, cannot ſufficiently dilate the Cavity of the Thorax, for the Admiſſion of freſh Air to ventilate and revive the Flame of Life, recreate the enfeebled Spirits, and reinforce with its Nitre the Blood returning to the Lungs, and become dull and languid by a long Circulation through a La-

byrinth of Veſſels: and for the ſame Reaſon, the Pectoral Muſcles are unable to perform the alternate Contraction and Extenſion of the Breaſt, for the Expulſion of the Air before admitted, but now no longer ſerviceable, ſince it has communicated to the Lungs its nitrous Particles, in which alone its Uſefulneſs conſiſts.

Theſe Sufferers are likewiſe often troubled with cold clammy Sweats in their Legs and Thighs, as if they had been dipp'd in cold Water and not dried, though ſome of theſe notwithſtanding enjoy a comfortable and uſeful State of Health. Many frequently awaken from their firſt Sleep in great Diſorder, while their Heads are confuſed, the Exerciſe of their Reaſon and Judgment ſuſpended, their Imagination diſturbed, and no chearful or bright Image appears to the Mind, but all things have a ſad and dark Face, while the Heart beats violently, and their Reſpiration is ſhort and interrupted: in the mean time the Patient lies dejected and deſponding, though the melancholy Scene in a ſhort time diſappears, when the Spirits of themſelves, or aſſiſted by a ſmall Draught of Hyſterick, or other Cordial-Water, recover their natural Order, and are reſtored to their regular State.

The

The Symptoms obſerved in the Limbs, are great and frequent Pains, grievous Cramps and Contractions of the Muſcles, univerſal Inquietude, Catchings, and reſtleſs Agitations, leaping of the Tendons, and convulſive Twitches in the Eye-lids, Brows, Lips, and all the muſcular Parts; and ſometimes the Patient feels in his Throat a ſuffocating Graſp, or Conſtriction, of which the Female Sex more frequently complain.

But the Symptoms that accompany this Diſtemper in the Head, are more various and ſurprizing (*i. e.*) Pain, Aches, Vertiginous Swimming and Giddineſs, exceſſive Lightneſs, or on the contrary, great Dulneſs and Melancholy, dark Spots, Motes, and little Nets dancing in the Air before the Eyes; ſometimes a Dimneſs, and a tranſient Suſpenſion of the Sight, a ringing Noiſe in the Ears, ſudden Dartings or Shootings, as of ſome kindled Vapour or Spirit in the Head; ſometimes a Drowſineſs and great Reluctance to open the Eyes, and on the reverſe, at other times, an obſtinate Wakefulneſs and Inability to ſleep; ſometimes tumultuous, ſad and monſtrous Dreams, accompanied with great Diſtreſs and Horror, when the Patient believes he ſees Ghoſts and terrible Apparitions, or armed

Villains ready to assault and murder him; at other times, with no less Affright, he seems to himself as falling down some high Precipice, or plunged and sinking in deep Waters: he is likewise often afflicted with an Incubus, or the Distemper called the Night-Mare, when the miserable Sufferer lies under such an oppressive Load, that he is unable to speak or stir; and while he struggles and strives with his utmost Efforts to throw off his Burden, and is incapable of doing it, he groans in a sad manner, and makes a lamentable Noise, till at last he awakens in Terror, attended with short laborious Breathing and Palpitation of the Heart.

The Symptoms I have hitherto enumerated, are corporeal, and respect the organical Parts of the human Animal; but there are many besides that affect the Mind, and disturb the superior commanding Powers. Hypocondriacal Persons are at times forgetful and unreflecting, which however proceeds from a transient Absence of Mind, or Suspension of Memory, rather than a Loss or Decay of that Faculty, for they soon recover the due Exercise of it. Though most of these Persons are endowed with a great Share of Understanding and Judgment, with strong and clear Reason, a quick Apprehension

prehenſion and Vivacity of Fancy and Imagination, even above other Men, yet a conſiderable Inequality is obſerved in the Operation of their intellectual Faculties; for at ſome Seaſons they diſcover great Impertinence and Incoherence in their Thoughts, and much Obſcurity and Confuſion in their Ideas, which happens more often, and laſts longer in thoſe who are far gone in this whimſical Diſtemper. Theſe Patients are likewiſe very various and changeable in their Judgment, and unſteady in their Conceptions of Perſons and Things, certain of their Poſitions and Determinations one Day, and as poſitive in the contrary the next, and condemning and acquitting others with a ſwift Viciſſitude and Rotation of Opinion; ſuch Levity and Mutability of Judgment ariſes from this Diſeaſe, as well as a conſtant Diffidence and groundleſs Suſpicion of all Men, a captious Inclination to take things amiſs, to look on innocent and harmleſs Actions and Expreſſions, as meaning ſomething to their Prejudice or Diſhonour, and even to interpret the moſt undeſigning Looks and Geſtures, as intended to affront them; by which they have an infallible Secret, and a certain Method, to make themſelves for ever uneaſy.

Theſe

These unhappy Men are likewise very wavering in the Execution of their Purposes; they are determin'd over Night what to pursue, but the next Morning the Objections against it appear so strong, and the Reasons for it so weak, that they lay aside the Design they had form'd; which however some Days after, when the Matter is reconsider'd, appears to them as fit to be put in practice as it did at first; yet soon after this Decree, at a new Hearing, is peremptorily reversed; such is the unfortunate Inconstancy and Fluctuation of their Judgment; whence they spend their Days in contriving Schemes, which they seldom prosecute with Steadiness and Vigor, and are continually employed by alternate Succession in fixing and unfixing various Projects, and in making and breaking short-lived Resolutions.

And if there is this wavering Instability in their intellectual Faculties, there is no less Diversity and Inconstancy in their Temper and Passions. Sometimes they are gay, chearful, and in good Humour; and when raised and animated with Wine, they acquire an extraordinary Degree of Mirth, while they break out into profuse Laughter, and often entertain the Company with a great Eruption of Wit and facetious Conversation. But though these delight-

delightful Scenes exhilerate the Hypocondriacal Man, yet when they are paſt, his Spirits are exhauſted and ſunk; and ſuddenly relapſing into his dull and lifeleſs Melancholy, he pays dear for his tranſient, voluptuous Satisfactions. Thus are his Days varied and checquered with black and white, calm and ſtormy, fair and cloudy Seaſons, nor ever does his Glaſs of Life ſtand at a ſettled Point.

As they are thus uncertain and mutable in their Temper and Diſpoſition, they are no leſs ſo in their Paſſions and Taſte of Pleaſure; they are quickly tired with familiar Satisfactions, and while they are uncapable of being long pleaſed with the ſame Company, the ſame Abode, the ſame Friends, and the ſame happy Circumſtances, they purſue Variety of Objects, and pant and gaſp after new Enjoyments; which when acquired, grow ſoon ſtale and diſagreeable, like the former. Theſe numerous Symptoms attend this unhappy Diſeaſe; not that all theſe are found in every Individual afflicted with this Evil, or in ſo high a degree, as what has been deſcribed; but they are all found in ſome meaſure in one or other Branch of the Species; by which it will evidently appear, ſince every one of them is ſeparable, and actually abſent in ſome

Patients

Patients of this Claſs; that therefore none of them ſingly can be neceſſary and eſſential to the Idea of Hypocondriacal Affections, to which Phyſicians have not thought fit to appropriate the peculiar Name of a diſtinct Diſeaſe, though it is allowed by all to be one, and is only called *Malum Hypocondriacum.*

The Eſſence and Nature of this Diſtemper, ſo much controverted, and ſo differently accounted for in the Writings of eminent Phyſicians, muſt, in my Opinion, be allowed to conſiſt in the Tenderneſs and Delicacy of the nervous Fibres, and the too fine and fugitive Diſpoſition of the Animal Spirits, by which they are apt to be diſſipated, and inclined to run into the Muſcles and Bowels in a confuſed and diſorderly manner: And as this Hypotheſis is founded on Reaſon and Obſervation, as I have demonſtrated at large in the Eſſay annexed, ſo will it clearly unfold all Varieties of the dark, ſurprizing, and myſterious Symptoms, and as a Maſter-Key, unlock and lay open all the difficult Effects and Appearances which accompany this Diſeaſe.

For Inſtance, the Diſorders that affect the Stomach are ſo great and numerous, that Dr. *Highmore* and *Ettmuller*, two learned Phyſicians, were induced by them

them to pronounce the Stomach the original Seat and Fountain of Hypocondriacal Affections; but since there are some Patients of this Class, that are never afflicted with these Symptoms, but are as free from Complaints in the Stomach as any that enjoy a perfect State of Health, of which Dr. *Willis* says he knew some, and I my self have known several others; this Supposition, that derives the Disease we are discoursing of from the depraved Ventricle, must fall to the Ground, because it is found in many Persons in whom that Bowel is not irregular and defective; and besides, there are many Hypocondriacal Symptoms which cannot be accounted for by that Scheme, as Dr. *Willis* has shewn against *Highmore*; and therefore the Pain, Sickness, Flatulency, and sowre Eructations, that affect the Stomach in this Distemper, as well as the Swelling and Soreness perceived, as it is thought, in the Substance of the Spleen, and the Distention, noisy and troublesome Convolutions in the Colon and the Cavities on each Side, beneath the Ribs, are not the primary Seat or Spring, but indeed the Effects and Productions of Hypocondriacal Affections: But the true Idea and essential Properties, by which this Malady is constituted and distinguished from all other

Species

Species of Diſeaſes, is, as before expreſſed, the irregular, depraved, and convulſive Diſpoſition of the Nerves and Spirits.

I will now undertake to ſhew how the principal Symptoms of the Spleen or Hypocondriacal Affections may be explained by the Hypotheſis I have aſſerted, to the Satisfaction of Men of Reaſon and Reflection, that are capable Judges of ſuch Theories. A tender and delicate Conſtitution of the Nervous Syſtem, and an inordinate Fineneſs and Activity of their Inmates, the Animal Spirits, being firſt ſuppoſed, it may be eaſily conceived how theſe volatile Gueſts may, by various Impreſſions made upon them, be driven into diſorderly Motions and convulſive Spaſms and Contractions in any Bowel or Part of the Body: for inſtance, if they are diſturbed or agitated by any noxious Humours lodged in the Brain, or by any ſudden and violent Impreſſions made upon them by outward, ſurprizing Objects; for it often happens, that by the relation of unwelcome News, ſad Accidents, a ſudden Outcry, or the very opening of a Door, or diſagreeable and frightful Ideas preſented to the Fancy or Imagination, when the Patient is awake or aſleep, the Spirits are ſtimulated, and impelled into confuſed

confuſed Motions, and their Ranks and Connexion being broken or ruffled, they produce the Symptoms before enumerated belonging to the Head; and if their Motion is continued and communicated to the inferior Parts, through which theſe active Inſtruments of Senſe and Motion are diſperſed, it occaſions the Complaints and hurtful Senſations that are perceived in thoſe Organs, ſuch as ſhort-breathing in the Cheſt, Palpitation of the Heart, Trepidation, or Trembling of the Limbs, and a Profuſion of pale Water from the Kidneys.

But the Spirits are more frequently vexed and provoked by ſome noxious and peccant Juices, either auſtere, ſowre, or bilious, in an aduſt Degree, harbouring in the Bowels, or other Repoſitories in the Body, which prick the Nerves and provoke the Spirits communicated to thoſe Parts, and ſo drive them into involuntary convulſive Agitations.

And it is not only to the depraved acid Juices contained in the Spleen, that ſuch Hypocondriacal Symptoms owe their Riſe; for they will equally be produced by the ſame or other vitiated Humours, contained in any other Bowels: and therefore the Spleen is very unjuſtly charged with the whole Guilt, for it has

that

that Effect but in common with the other Parts of the Body, as mentiond above; and thoſe Bowels that do not in themſelves feel an Hypocondriacal Diſpoſition of Nerves and Spirits, are often Sufferers by the Influence and hurtful Impreſſions communicated to them from the firſt afflicted Part; and this is not only the Fate of the Spleen, but of all other Organs.

Thus the Diſtention, ſowre and hot Eructations, Oppreſſion and Vomitings, occaſioned by an immenſe Collection of Crudities and pungent bilious Juices in the Stomach, owe their Riſe to the depraved State of the Nerves and Spirits, that are greatly intereſted in the important Buſineſs of Digeſtion; for when the whole Frame of the Nerves and Syſtem of the animal Spirits want ſufficient Strength and Firmneſs, by their native or acquired bad Conſtitution, they will be incapable of doing their Duty in aſſiſting the concoctive Faculty, whence the Stomach is much pained and oppreſſed with acid, bitter, and acrimonious Humours, proceeding from Foods imperfectly digeſted; and from theſe irregular Humours contained in the Stomach, ariſe thoſe flatulent Vapours that often diſtend, and no leſs grieve this Bowel than the other Symptoms that affect it.

The

The aking likewiſe and foreneſs of the Spleen, and the turbulent and painful Commotions in the Colon, and other Parts included in the Abdomen, will rationally and clearly be accounted for this way: for ſuppoſing that the Spirits, while over agitated and ungovernable, ruſh into the Subſtance of thoſe Organs with an irregular and exceſſive Degree of Motion, there will eaſily appear an evident and adequate Cauſe of the various Hypocondriacal Sufferings, to which they are obnoxious.

It muſt however be allow'd, that, as a defective Diſpoſition of the Nerves and Spirits, that is, their Proneneſs to exceſſive Rarification, Diſſipation, and convulſive Contractions, in which the eſſential Idea of this Diſtemper conſiſts, is often the Cauſe of ill Humours in the Stomach, and other Organs of the Body; ſo theſe in their turn, by provoking and pricking the Nerves, and ſtimulating the Spirits too much, frequently produce Hypocondriacal Paroxyſms; and therefore peccant and degenerate Juices contained in any Part, and likewiſe a Hypocondriacal Diſpoſition of Spirits and Nerves, are alternate Cauſes and Effects of each other, though the laſt are the original Aggreſſors, which by their depraved State and inordinate Operations, occaſion many Crudi-

ties and hurtful Ferments in the Glands and Cavities of the Bowels; which contracting an acrimonious Quality by their Continuance there, affect the Fibres and irritate the Spirits, till they precipitate their Flights, and pass through the Roads of the Nerves with great Hurry and Confusion; and then running into the organical Parts, produce painful Distention or convulsive Disorders. Thus if the Spirits are disturbed and stimulated by noxious and austere Juices lodged in the Spleen, Stomach, or any other Receptacles, while their irregular Motions are propagated to other distant Parts, either the Chest, the Heart, or the Head, they create there the Symptoms peculiar to those Parts; in the Chest, short and interrupted Breathing; in the Heart, Palpitation, Faintness, and Sinking of Spirits; in the Head, Swimmings, Lightness, and immoderate Wakefulness, or an excessive Inclination to Sleep, with the other Symptoms before enumerated, all evidently caused by the anomalous, confused, and convulsive Nature of the Principles of Sense and Motion.

As this immoderate Emotion, Disturbance and Dissipation of Spirits will account for all Corporeal, Hypocondriacal Complaints, they will no less explain the Symp-

Symptoms belonging to the Exercise of the intellectual Faculties; for it is easy to conceive how these depraved, active Instruments of the Mind, by unquiet and seditious Commotions, embroil her Government and Operations; whence proceed Diffidence, Suspicion, Inconstancy, Timidity, Irresolution, Change of Temper, Judgment and Resolution; as likewise excessive Gaiety of Temper, or the contrary Extreme. For as the Spirits in the Brain have a different, defective Modification, and are agitated in different irregular Ways, this Variety of Errors affects the superior Powers, the Judgment and Reason, as well as Fancy and Imagination, and all the Passions of the Heart; whence a great Diversity of Symptoms must arise. As it would be prolix and tedious to apply from the Hypothesis laid down, a Solution to each of these; so it will be to distrust the intelligent Reader too much to undertake such a Province. I have shewn how some of the principal Hypocondriacal Disorders are produced, according to the Scheme I have formed, and it will not be difficult by the same Key to open all the rest. I shall not therefore pursue this Subject further, especially since I have spoken much of it in my Dis-

courſe of the Spleen, that follows this Writing.

Having in the preceding Pages explained the Nature, and enumerated the Effects of this Diſeaſe, which I make to conſiſt in the irregular and ungovernable Nature of the animal Spirits in the Brain, and their impetuous and diſorderly Flights from and to their Fountain through the minute Paſſes of the Nerves; and having attributed this indifferently to the Acrimony and Acidity of the Juices lodged in the Cavities of the Stomach and Inteſtines, or in the Cells of the Spleen, or detained in any of the Glands that vex or exaſperate the Spirits, and put them into a Hurry and Confuſion; I ſhall now endeavour to account for the general and adequate antecedent Cauſe of the Diſtemper I am treating of, that is, what it is that produces thoſe peccant and noxious Humours in any Bowels, or other organical Parts, which vellicate and bite the nervous Fibres, and communicate to the Spirits an inordinate and convulſive Impulſe; and the Hypotheſis which I ſhall lay down, I will endeavour to confirm and eſtabliſh by Reaſon and Experience.

Of

Of the Antecedent CAUSE *of Hypochondriacal Affections.*

IT is allowed, that the whole glandulous Kind, great and small, are formed by Nature to purify the Blood, by separating from and conveying away the redundant Juices of different sorts, which otherwise would oppress it, and break the regular Subordination of its passive and less active to the superior and commanding Principles; and by so doing, disturb the animal Oeconomy, and occasion many great and fatal Diseases. Now as it often happens, that various Mischiefs arise from the excessive Narrowness or Obstruction of these glandulous Organs, by impure and noxious Humours, that by reason of their improper Size and Figure, are unable to pass through the minute Pores and winding Channels of these fine Strainers; so no less nor fewer proceed from their immoderate Wideness and Extension. For example; when those planted in the Kidneys have lost their Tone, and are stretched to a Dimension or Capaciousness be-

yond Nature's Staple, they admit a great Quantity of wholesome Juices, together with the superfluous, serous Parts, and let them pass promiscuously into the Bladder, whence the nutritive Juices are excluded with the Urine, by which Nature is defrauded of due Supplies.

In like manner, and from the same Defect, the Liver sometimes separates from the Blood an immoderate Plenty of bilious Juices, or that at least become such after Separation; by which means, the Receptacle of the Gall pours out into the Intestines such an immoderate Measure of its bitter Contents, that by a painful Corrosion of their Membranes and Instigation of their Glands, often produce a great Flux or Loosenes, and sometimes Dysenterick Symptoms.

If the Glandules, or secretory Kernels in the Lungs, becoming flaccid, lose their Tension, and grow excessively wide, they not only separate from the Blood more serous and phlegmatick Humours than the Service of Nature requires should be excluded, but likewise many wholesome Juices, which, together with them, rush through the Channels too much enlarged; whence the Patient, defrauded of Repair, grows lean and meagre: and when the like faulty Disposition happens to the Glandu-

Glandules planted in the Skin, and diſperſed through the whole Surface of the Body, they let an immoderate Quantity of ſerous, mixed with wholeſome Fluids, evaporate through their too open and gaping Pores both in Sweat and inſenſible Tranſpiration; by which inordinate Evacuation the Blood is impoveriſhed, and the Patient grows feeble, and very obnoxious to taking cold, while the ſharper and more pointed Parts of the Air find free Admiſſion through ſuch wide Inlets to the Blood and Spirits, and make upon them their noxious Impreſſions; whence Coughs, Defluxions upon the Lungs, and putrid, as well as inflammatory Diſeaſes, often take their Riſe.

Nor is the Event otherwiſe in the Brain, when the ſtrait and narrow Meſhes of that wonderful Structure become too lax and wide; for then, beſides the purer, more ſubtile, and volatile Parts of the Blood, which are ſeparated by that exquiſite Strainer, to be exalted, ſublimed, and converted into animal Spirits, the active Miniſters of the Fancy and Imagination, as well as of the inferior and ſenſitive Government, an inordinate Meaſure of ſerous Parts are admitted; and growing acid and auſtere in their Receptacles, the Cavities of the Brain, they pro-

duce fatal Convulsions in Children, and often Hypocondriacal and Hysterick Symptoms in adult Persons.

The Case of the Pancreas is the same; for when the Holes and Channels of that eminent Philter are extended and relaxed, a Flood of acid Juices is discharged by the secretory Outlets into the neighbouring Parts, whence the Intestines often receive great Damage, while sharp and sowre Fluids corrode and prick their tender Sides, and cause such disorderly Ebullitions and Conflicts by their meeting with the Bile coming down from the Gall-Bladder, that they sometimes raise great Strife and Hypocondriacal Storms; and therefore *Silvius* and his Followers make the Depravity of the Pancreas and its Disability to perform its percolating Office in such a regular manner, as the animal Oeconomy demands, to be the principal genuine Spring, whence this Distemper, though called the Spleen, is derived.

Let it now be consider'd, that should the Glandules of the Stomach and its Appendages be relaxed, and lose their Tone, an excessive and incongruous Quantity of various Humours must flow without Restraint through the wide Passages and open Sluices of the Strainers, from the

the Blood, Nerves, and Lympheducts, which discharged into the Cavity of the Stomach or the Intestines by degrees, grow acid, acrimonious, bitter or austere. These peccant Juices, by their Incitements and Impressions on the Nerves, and the Instigation of the animal Spirits, their Inhabitants, produce the Pains and convulsive Agitations which often afflict Hypocondriacal, as well as Hysterick Persons. Let it then be supposed, that the Glandules of the Stomach, Pancreas, Mesentery, and Intestines, are weak and relaxed, and that there is likewise the same faulty Disposition in the minute Channels of the Brain, where the Paroxysm sometimes first begins; and rushing downward with an impetuous Force, fills the inferior Organs with great Disorder and Confusion, as at other times, beginning at the Abdomen, it murmurs and rolls upwards, till it embroils the superior Regions, and fills them with Uproar and Distraction; let this, I say, be supposed and settled, and here will appear a genuine and adequate Cause of Hypocondriack Affections; for granting that the Glands of the Bowels before-named, by reason of their loose and patent Orifices, let through many Humours, which should have been kept back, and deposite them in the Re-

ceptacles provided to contain them; and all the Properties and Symptoms of this Diſtemper, ariſing from internal Cauſes, may clearly and eaſily, upon this Suppoſition, be accounted for, which I ſhall preſently demonſtrate.

It has above been ſhewn, that the Nature, Eſſence, or *Ratio Formalis*, as the Schools expreſs it, of this Diſeaſe, conſiſts in the Diſſipation and diſorderly Flights of the animal Spirits into the Bowels and Organs of the Body, by which they produce there immoderate Diſtention or Inflation, and convulſive Senſations: And therefore the primitive Cauſes of this Diſtemper may juſtly be aſcribed to the too volatile and tender Conſtitution of the Spirits themſelves, which makes them obnoxious to thoſe Diſorders, and the original Formation of the Nerves, which in theſe Patients are woven by Nature of too delicate and tender Threads; whence the firſt are eaſily irritated and impelled into anomalous Motions, and the laſt are as liable to receive convulſive and painful Impreſſions; not only by the Inſtigation of the noxious Juices lodged in the Body, but likewiſe by the Impulſe and provoking Influence of various Objects from without, which are ſometimes the efficient Cauſe of Hypocon-

pocondriacal and Hyſterick Paſſions; while by acting upon the animal Spirits, they break their regular Order and Connexion, diſcompoſe and ruffle their Motions, and drive them with Violence into the membranaceous and muſcular Fibres, where they produce Spaſms and convulſive Symptoms.

Now the univerſal Riſe and Spring of all the internal Cauſes of this Diſtemper, may be juſtly ſuppoſed to be the faulty Diſpoſition of the glandulous Strainers in the Stomach, Inteſtines, Pancreas, and Meſentery; that is, when the convulſive Diſorder begins in the inferior, and riſes to the upper Parts of the Body; and the like Error and Defect is in the Brain, when Hypocondriacal or Hyſterick Fits begin there, as they often do, occaſioned by noxious Juices admitted into its Cells and Vacuities, which a regular Conformation of its minute Pores would have kept back.

It is evident in fact, that in Hypocondriacal Caſes an exorbitant Quantity of acid and bitter Juices is continually communicated to the Stomach from the Glands, that ſtrain it from the Blood-Lympheducts and Nerves that terminate there. This immenſe and unnatural Collection of noxious Humours in the Ventricle,

cannot otherwise be accounted for, than by supposing that the Glandules and secretory Ducts are so wide and lax, that they do not justly execute their Office of Percolation, but suffer a great Quantity of incongruous and hurtful Fluids to pass through into the Stomach. This is so notorious, that it needs no Confirmation; it is so evident, that several Physicians of superior Rank, as said before, have made the Stomach the first Seat and Cause of Hypocondriacal Affections. In like manner, if the Pancreas, that important secretory Organ, loses its native regular Conformation, while the too ample Mouths of the separating Parts suffer the acid Juices of the Blood (or such at least as become so after Separation) to pass through its Inlets and Channels, in too great Abundance, into the neighbouring Receivers, the Intestines are overflown and oppressed by them; which not only corrode and vellicate their tender Membranes, but meeting with the acrimonious Choler descending from the Gall-Bladder through the Intestines, they occasion, as mentioned before, great and vexatious Conflicts; and as this is very reasonable to suppose, so the Fact by some has been looked upon as so certain, that *Silvius* and his Followers, as before cited, maintain, that

this

this immoderate Secretion of acid Fluids from the Pancreas is the principal Cauſe of Hypocondriacal Affections.

Nor is it leſs natural to ſuppoſe, that the Glandules in the Inteſtines, eſpecially in the Colon, may, by the like Relaxation of their Orifices, receive and ſeparate an inordinate Quantity of like Humours, and empty them into their Cavities, by which means they become great Sufferers.

Thus, as when the Tone of the Kidneys, Liver, Lungs, and other Organs of Separation, is perverted from its natural Rectitude, and the Laxity and too great Extenſion of the Pores of their Glands admit and convey away, as well nutritious Parts, not intended to be excluded, as too much of the Juices, which in a lower meaſure were deſigned by Nature to be carried off from the Blood, for its neceſſary Depuration, various Diſtempers belonging to theſe Bowels are the hurtful Conſequence of ſuch an immoderate Separation; ſo the exceſſive Secretion of ſerous Humours, made by the Glands defective in the ſame manner, and depoſited in the Stomach and Appendages, or iſſuing from the Pancreas into the Inteſtines, by vellicating the Nerves and inſtigating the Spirits, produce the Hypocondriacal

condriacal Diſorders, that begin in the Stomach and Abdomen, though afterwards they are propagated by the inordinate Flights of the Spirits to the ſuperior Parts; for I excuſe the Spleen from being the ſole or ordinary Cauſe of ſuch Complaints, that Bowel being wholly deſtitute of glandulous Strainers and Organs of Separation, and is formed and deſtined to a different Office, as I have ſhewn in another Writing; whence I look upon the Swelling and Diſtenſion, as well as the Pains and Soreneſs that ſometimes afflict that Organ, to be the Effect of an antecedent Diſturbance of the Spirits, that ruſh into it in a diſorderly and tumultuous manner, or from the Tenſion and Inflation of the Colon, miſtaken for the Spleen.

The Defects of the Ventricle, Inteſtines, and Pancreas, may account for this Diſtemper, and as partial Cauſes conſpire for the Production of it, as it is primarily found in the Abdomen; but neither the Stomach, as ſome believe, nor the Pancreas, as others, nor the Colon or Hypocondriacal Regions, taken alone, as others imagine, are the uniform, adequate, and entire Effecter of this Diſeaſe: but 'tis true, when they are united, they cauſe a great Part of thoſe Hypocondriacal Symp-

Symptoms that have their Riſe in the inferior Bowels, but they cannot create thoſe that originally begin in the Brain. Now ſuppoſing that by reaſon of the depraved Tone of the Glands, that ſerve Nature as Strainers in the Stomach, Inteſtines, Pancreas, *&c.* and the lax Diſpoſition of the Subſtance of the Brain, many peccant Juices, either in Quantity or Quality, are received into thoſe Bowels, which afterwards irritate the Nerves, and provoke and ſcatter the Spirits, there will appear an adequate, antecedent Cauſe of this Diſeaſe, that is, the Relaxation or immoderate Wideneſs of the Pores and Meſhes in the Organs of Separation in all the Parts before enumerated: nor is it required for the Production of any Hypocondriacal Affection, that noxious and vitiated Juices, ſtrained from the Blood, and lodged in various Bowels, ſhould conſpire to act upon the Nerves and Spirits all at once; it is ſufficient if thoſe hurtful Humours in any one place violently affect them; and therefore we ſee by Experience, that theſe convulſive Diſorders begin in different places, and are thence propagated to others at great Diſtance; ſo that any one of them, and each of them, in their turn, may be the Fountain and firſt Scene of theſe Diſorders.

And

And as I have offer'd nothing in this laſt Diſcourſe, but what Reaſon juſtifies, and Experience confirms, ſo now let us try how the various Symptoms of this Diſtemper may be explained from this way of Thinking; and if that be done, it will abundantly eſtabliſh the Hypotheſis I have concerted.

The immoderate Generation of Wind in the Stomach is ſo obſervable in Patients of this kind, that the Diſeaſe it ſelf, from this prevailing Symptom, is often called *Flatus Hypocondriacus*; though it does not always accompany this Diſtemper, as before obſerved. This exceſſive and troubleſome Wind is attended with ſowre Belchings and noiſy Eructations, Inflation of the Ventricle, and often with great Pains, which are thus accounted for. The Glands in the Coat of the Stomach, in their regular and healthful State, admit into its Cavity only thoſe Fluids, and only in that Proportion which is uſeful to that Bowel in its Office of Digeſtion; and theſe uniting with others, eſpecially the Salival Juices, mixed and ſwallowed with different Foods, become a proper and efficacious Ferment to concoct thoſe Foods, and convert them into wholeſome Chyle: But if thoſe Strainers are relaxed, and deviate from their former Rectitude, and

grow

grow too loose and capacious, then, as observed before, they suffer a redundant and inordinate Plenty of improper Humours to pass through their Channels, and empty themselves into the Stomach, which do not assist, but disable the digestive Faculty, corrupt the Meats and Drinks, and fill the Stomach with crude and noxious Humours; which now, a Receptacle and Sink of Impurities and unconverted Leavings, becomes a confused *Chaos*, a Seat of Strife and Opposition; while the acid and bitter, the oily and austere Contents, by reason of their disagreeing Quality, contend with each other for Superiority.

And from these violent Contests, the Windiness of the Stomach arises, which is nothing else but the Fumes and Effluvia, caused by the Ebullition and Contrast of repugnant Juices, as is evident in all sorts of Fermentations.

This is the Case of Exhalations and Vapours, that rarified to a great Degree, and imprison'd in Vaults and Caverns under Ground, murmur, struggle and labour for Vent, till at length they find, or by their impulsive Force, make a Passage to get free from their Confinement, and then they vomit up their vexatious Fumes with great Strife and loud Eructa-

tions. This Example will illuſtrate and confirm the Account I have given of Hypocondriacal Vapours, painful Inflation, and ſowre Belchings, which moſt frequently happen ſome Hours after Meals, when the Meat taken in ſhould have been fully digeſted.

And as the defective Diſpoſition of the glandulous Inlets into the Stomach, is evidently the Cauſe of theſe Diſorders in that Bowel, the ſame Defect ſuppoſed in the ſeparating Organs in the Inteſtines and the Pancreas, will clearly explain in the ſame manner the Hypocondriacal Symptoms in the Regions of the Abdomen; and it is therefore unneceſſary to enter upon a particular Diſcourſe about them. The Spaſms, Twitches, jumping of the Tendons, and convulſive Motions, with which theſe Patients are often afflicted, being occaſioned by the acrimonious and acid Fluids ſeparated from the Blood in a diſproportionate Meaſure, irritating and urging the Extremities of the Nerves and the animal Spirits, muſt be owing to the too wide and enlarged Orifices of the Strainers, that ſuffered an exorbitant Quantity of Humours to paſs through.

And as to the Symptoms of this Diſeaſe, when it begins in the Head, they being all produced by the Confuſion and irregu-

irregular Motions of the Spirits, muſt be charged on the Relaxation of the due Tone of the Brain, and the conſequent Enlargement and widening of its ſtrait Paſſages and minute Receſſes, that admitted incongruous and peccant Humours, to which they ſhould have denied Entrance: And by the ſame way of Reaſoning, other Hypocondriacal and Hyſterick Symptoms, ſo far as they depend upon internal Cauſes, may for the moſt part be plainly accounted for.

But it muſt be acknowledged, that the glandulous Organs may be obſtructed by impure and depraved Juices, that being of a diſproportionate Size and Figure, cannot make their way through their narrow Paſſages, which may be entangled and detained there, till they contract an acid and acrimonious Quality ſufficient to ſtimulate the nervous Fibres, and introduce Hypocondriacal Affections: And therefore, though generally ſpeaking, thoſe Symptoms ariſe from a great Abundance of Humours diſcharged by the too wide Paſſes and Channels of the Glands into the Vacuities of the Bowels, or other organical Parts; yet ſometimes they are produced by the Vellication and Incitements of the vitiated and hurtful Humours that obſtruct the Organs of Filtra-

tion themſelves; ſo that if we take it either way, ſtill the internal Origin of theſe Symptoms will be derived from defective Glands.

The Sum of the preceding Diſcourſe is this: The Nerves of Hypocondriacal, as well as Hyſterick Patients, are from the original Formation of their *Stamina Vitæ*, of too fine and delicate a Conſtitution, and therefore apt to receive convulſive Impreſſions; and their animal Spirits are likewiſe by Nature of a tender and volatile Diſpoſition, eaſily incited and ſcattered, till their violent and irregular Flights produce the Symptoms proper to this Diſeaſe. The acid, ſharp, and auſtere Juices, admitted by the faulty Structure of the Glands into the Receptacles and Cells of the Bowels, and ſometimes contained in the obſtructed Strainers themſelves, provoke and ſtimulate the one and the other, till the Spirits in a Hurry and Confuſion ruſh into the ſolid Parts, and produce immoderate Diſtention and involuntary Agitations: Nor is this Diſorder occaſioned only by the auſtere and bilious Contents of the Stomach, or the hurtful Humours ſpued out of the Glands of the Inteſtines, or from the too capacious Channels of the Pancreas, or any other particular Strainer, or lodged and detained in the Subſtance of

of any of them; not any one of these being the sole Fountain of Hypocondriacal Affections; but sometimes one and sometimes another may in their turn be the effective Cause of such Symptoms; that is, as oft as the glandulous Fibres shall be defective, and uncapable of doing their Duty in the manner before explained; and if the Glands of the Mesentery, or any other organical Part are thus depraved, the Consequence will be the same.

And as this Hypothesis accounts for hypocondriacal Symptoms in the inferior Region of the Body, so it affords an evident Reason of those that affect the Brain, that is, the Looseness and too wide Extension of the Pores and narrow Meshes of that curious Strainer, which suffer degenerate and offensive Juices to pass thro' into its Cavities, which in a regular Constitution could not have found a Passage thither. There is therefore but one universal, uniform, and adequate antecedent Cause of hypocondriacal Disorders, that is, the faulty Disposition of the Glandules appointed as subservient to Nature's Administration in separating and excluding from the Blood such particular Humours, and in such a determinate Proportion, as may keep it pure and active, not impoverish and exhaust it.

What has been ſaid, explains the Spring and Origin of all hypocondriacal Sufferings that ariſe from internal Cauſes. But the like Symptoms, eſpecially in hyſterick Paſſions, are frequently the Effects of outward Objects; that by their Impulſes and Impreſſions on the Spirits in the Brain, continued and propagated by the Mediation of the Nerves to the inferior and more diſtant Parts, produce Faintings and Swoonings, ſhort and difficult Breathing, violent Beating and Palpitation of the Heart, convulſive Agitation of the Muſcles, and all the other Symptoms of this Diſeaſe before enumerated. Such Objects are, both ſweet and diſagreeable Odours; a ſudden great Noiſe, terrible Sights, calamitous Accidents, ſurprizing ill News, the ſudden Aſſault of Thieves, the Apprehenſion of immediate Danger from Storms of Wind, Tempeſts of Thunder and Lightning by Land or Water, and ſometimes croſſing of the Patient's Will, Conteſts, Oppoſition and Contradiction in Debates. And beſides theſe, even ſurprizing Objects of great Joy; as the ſudden Arrival and Appearance of an unexpected near Relation after long Abſence, and the like Incidents, ſtrike the Imagination with ſuch Vehemence, that the tender and volatile Spi-

rits

rits are unable to ſuſtain the unequal Force, but are preſently diſorder'd and driven by the violent Impulſe into vertiginous Eddies, convulſive Agitations, or beat down in a Defailance or Suſpenſion, and ſometimes are utterly extinguiſhed by the reſiſtleſs Oppreſſion.

And this leads me to take notice of the Symptoms occaſion'd by vehement Ecſtaſies, when impure apoſtate Spirits were permitted to poſſeſs the Bodies, and inſpire the Imagination of heathen Prieſts and Prieſteſſes by an impious Imitation of divine Raptures. Theſe Perſons thus agitated and governed by Satanical Inſtincts before they uttered their Oracles, labour'd with convulſive Throws, and were tranſported out of themſelves, by the Fury and Rage that ſtimulated their Spirits; the Form of their Countenance was changed, while they gave their Anſwers with an uncouth terrible Voice: Their Behaviour was ſo wild and extravagant, that they ſeemed Lunatick, Maniacal, or diſtracted with a Frenzy, or overheated and intoxicated with Wine; as may be ſeen from *Virgil*'s Deſcription of the Sibyl, the manner of whoſe Inſpiration he relates before ſhe gave her Anſwer to the *Trojan* Heroe, in the Sixth Book of his *Æneids*.

——*Non vultus, non color unus,*
Non compta manſere coma, ſed Pectus anhelum
Et rabie fera corda tument, majorq; videri
Nec Mortale ſonans, afflata eſt numine quando
Jam propiore Dei.——

Ibid. *At Phœbi nondum patiens immanis in antro*
Bacchatur vates, magnum ſi pectore poſſet
Excuſſiſſe Deum.

Thus the Ecſtaſies and Trances of this Nature, cauſed by the Inſtincts or impulſive Energy of important Scenes compoſed of Images exceeding bright and lively, are ſo ſtrongly repreſented on the Theatre of the Brain, that the Spirits unable to bear ſuch violent Impreſſions, are accompanied with Symptoms reſembling thoſe that we ſee in hyſterick or hypocondriacal Paroxyſms; ſo that they mutually illuſtrate one another.

SECT. II.

Of the Method of CURE *in Hypocondriacal Affections.*

I Have above ſhewn, that this Diſtemper has not its primary Seat or Reſidence in the Stomach, the Spleen, the hollow Places on each Side, or beneath the Ribs, or in any other Part of the Body; but that it is produced in any of them in their turn by the noxious Juices which they contain, either inbred or communicated to them by the Nerves, or Lymphatick Channels diſperſed through the Body; and that its eſſential Idea apparently conſiſts in an inordinate Temperament, or a fugitive Diſpoſition of the Spirits; whence they are eaſily diſſipated, and flow with too much Activity, and in a tumultuous manner, into the membranaceous and muſcular Fibres; by which Diſorder and Precipitation they ruffle and accelerate the Current of the Blood, occaſion Spaſms and Convulſions, and unhinge the whole animal Adminiſtration, while the fibrous Strings and Movements of the living Organ are put out of Tune, and the regular State of Nature

ture is interrupted and embroil'd with Diſcord and Confuſion; and therefore the Method of Cure muſt be ſettled in Conformity to theſe Notions founded on Reaſon, anatomical Obſervations, and the Hiſtory of hypocondriacal Caſes.

Some learned Phyſicians believed, that the Scurvy has a great Affinity with the Spleen; and *Ettmuller* treats of it under the ſame Head, as a Branch of that Diſeaſe. But this Opinion, in my Judgment, is not built upon warrantable and ſolid Foundations. I rather think that the Scurvy, to which no diſtinct Idea anſwers in the Mind, and therefore that Word has no determinate Meaning, but is only a Sound that amuſes the Ear, is no one Diſeaſe ſeparated and limited from others, but a Complex or Aſſemblage of the various Symptoms of various chronical Diſtempers, while they are yet in Embryo and their Infancy. Thus, when the Seeds of Diſtempers that lay concealed, ſleepy and unactive, being yet enfolded and complicated with the vital Fluids, firſt exert and ſtretch themſelves, and by degrees break looſe and appear by their Operations, they begin the Prelude to the Tragedy they afterwards act in the mature and confirm'd State, tho' they cannot, while unripe, be diſcrimi-

nated and laid to the charge of any particular Diſeaſe. Thus the Gout, the Stone, Dropſy, Conſumptions, Hypocondriacal Maladies, and other chronical Diſtempers, while they are breeding, are accompanied with Symptoms, that cannot be appropriated to any one Diſtemper which is yet unfiniſhed, and without a proper Appellation, but are common to many: And therefore eminent Phyſicians, unable in this State of Affairs to trace their Original, and diſtinguiſh the latent and unfaſhioned Diſeaſes to which they ſeverally belong, ſumming them up, and huddling them together, have made an uncouth and incoherent Aggregate of all, and called it a diſtinct Diſeaſe, that is, the Scurvy, to which they have accommodated a particular Method of Cure; tho' if things are well conſidered, I incline to believe it is not a ſingle Diſeaſe *ſui generis*, but, as I have ſaid, the firſt quickning, unfolding, and ſhooting out of the Seeds of various chronical Diſtempers, that at length are referr'd to their proper and diſtinct Cauſes, as they grow more ripe and prevalent; and then the Diſeaſes plainly ſhew themſelves which were the concealed Springs, whence thoſe Complaints and Symptoms, call'd Scorbutick, took their Riſe.

Two

Two Things are to be conſidered and attempted, in order to the Cure of Hypocondriacal Patients: The principal Aim is to recover the looſe Tone of the nervous Fibres, and to give greater Strength, Firmneſs and Conſiſtency to the Spirits; that the firſt may be enabled to reſiſt the Inſtigation of hurtful Humours and Ferments lodged in the Bowels, as well as the Impulſe of the animal Spirits, when they ruſh into them in Diſorder, and with too great Velocity; and that the laſt being contracted and ſo invigorated, may neither by the Impreſſion of external or internal Cauſes be ſo eaſily ſcattered and driven into Confuſion; whence, as often ſaid, ariſe the various Symptoms of this Diſeaſe.

Since it is evident, that in this Diſtemper the Stomach with the Appendages are often, tho' not always, full of acid, bitter, and bilious Contents, diſcharged upon them chiefly from the Nerves and Lymphæducts; the Method of Cure ought to begin with Evacuation by purging and vomitive Medicines, that the Stomach and neighbouring Inteſtines may be freed in a good meaſure of their degenerate Juices, leſt they vitiate and damage the alterative and ſtrengthening Medicines afterwards to be given, diſappoint

point their genuine Operations, and make their ſalutary Virtue unſucceſsful.

The purging Medicine that agrees with Hypocondriacal Perſons eminently above all others, is Aloes; for it is of ſuch a Nature, when given in a juſt Proportion, that it operates without diminiſhing the Strength, or waſting the Spirits of the Patient, and rather exhilarates and enlivens, than depreſſes Nature; which can be affirmed of very few other Purgatives. This Medicine therefore ought generally, in a due meaſure, to be an Ingredient in all Compoſitions preſcribed for the mentioned Purpoſe.

The Forms of purging Remedies may be theſe.

Take of Pilul. Cochiæ major, a Scruple; of Extractum Rudij, Grains eight: Mix them, and make them into four or five Pills for one Doſe, to be taken in the Morning.

Or, *Take of Pilul. Ruffi, Grains fifteen; of Extractum Rudij, Grains ten: Make it into four Pills; to be given going to Bed.*

Or, *Take of the Infuſion of the Powder of Hiera Picra, called Tinctura Sacra, two Ounces; of Spirit of Lavender, twenty Drops. Take this Draught going to Bed.*

Or,

Or, *Take of the forementioned Infusion, and of Elixir Salutis, each an Ounce; Spirit of Lavender, a Scruple: Make it a Draught, to be given as the former.*

Should these Forms prove too weak to do their Duty, let there be added to each Dose of the Pills, of *Pil. Coch. maj.* Grains six; or of *Pilul. ex duobus*, Grains five. *Pilul. Coch.* may likewise be given by it self to the Quantity of half a Drachm, more or less, according to the Degree of their Operation, that they may purge the Patient five or six times. For generally Hypocondriacal Persons are too much dispirited by many Motions, tho' caused by Aloetick Remedies; which however, of all others, least produce that Effect; since, as I said before, it rather animates than sinks the Spirits, and for that Reason is almost the only purging Remedy proper in confirmed Hypocondriacal Cases; for then the Patient cannot take purging Medicines of a quick and violent Operation, without being extremely ruffled and disordered. 'Tis true, at the first Appearance of the Symptoms that in adult Persons discover this Disease, (for Hypocondriacal Boys are seldom seen) when the Patients have stronger

ſtronger Bowels, and enjoy more Activity and Vigour than afterwards, when the Diſtemper is fixed and prevalent, the Nerves there being more ſlackened and unbraced, and the Spirits more diſabled; in this Seaſon, I ſay, ſtronger purgative Medicines than thoſe I have mention'd, or larger Doſes, may be moſt beneficial.

Nor is it once or twice only that the purging Pills or Tincture I have recommended, ſhould be taken, but there will be juſt Reaſon for their frequent Repetition, ſuppoſe once a Fornight or once a Month: nor need the Patient fear that this often taking of Cathartick Medicines will weaken and relax the Tone of his Stomach or Inteſtines; becauſe the Aloes, as ſaid before, is of that nature, that it comforts and invigorates the Spirits, and operates as a Cordial, as well as a purging Remedy, and is likewiſe ſo agreeable to the nervous Syſtem, that this and Steel have better Pretenſions to appropriate or ſpecifick Vertue, than all other Remedies preſcribed for the Cure of this Diſtemper: and hence it is that ſome Patients have taken a ſingle Aloetick Pill, where the Quantity of the Drug exceeded not three or four Grains, and others have drank a Spoonful of *Tinctura Sacra*, or Infuſion of *Hiera Picra*, through the whole Year,

and

and that with considerable Advantage: and if either of these Medicines were given thus for a Month together in such a Proportion, as would little more than keep the Patient open; and then after a Cessation for the like Interval, he would reassume the use of them, it might prove very serviceable.

Vomitive Medicines are very profitable in this Disease, partly by discharging a Load of noxious and impure Humours, by which they clear and prepare the Stomach for a due Reception of alterative Remedies; and partly by the Shock and Concussion of the Glands and Nerves that frees them from Obstructions: and it must be observed, that Patients of this sort bear these Evacuations with less Dejection of Spirit and Expence of Strength, than they feel by quick and copious Purging. The Reasons of which I conceive are, that the Stomach, which is the organical Part that is principally employed in Vomiting, is of a stronger Texture and narrower Compass, than the voluminous Ambages or Circuit of the Guts; and therefore the Spirits inhabiting there, are not by their explosive Labour in vomiting so much wasted, as when the purgative Medicine not only affects the Stomach, but descending thence, together with

with acrimonious Humours, through the long winding Roads of the Inteſtines, irritate their Sides, and ſollicit their Glands to diſcharge their Juices into the Cavity of the Guts: add to this, that vomitive Medicines have quickly done their Duty, but Purgatives continue their Operations many Hours longer, by which means a greater loſs of Strength enſues. And this likewiſe is obſerved in the Female Sex, who are able to bear the caſting up the Contents of their Stomachs, as green as Verdigreeſe, or the Juice of Leeks, for ſeveral Weeks, and ſometimes whole Months together; and notwithſtanding they often ſurvive this long Evacuation, who, however, could not have undergone purging in an equal degree.

When this Diſeaſe is newly begun, or not far advanced, and the Patient has a competent degree of Strength and Spirit, more active Vomits may be preſcribed: for inſtance,

Take of Vinum Benedictum, that is, the Infuſion of Crocus Metallorum, ſix Drachms; of Oxymel Scilliticum an Ounce, and three Ounces of Carduus Water, mingle them for a vomitive Draught, to be taken about five or ſix in the Afternoon, and dilute the

Stomach during the Operation with plenty of a light Infusion of Carduus Leaves, or plain Posset-Drink, or Tea.

Or, *Take of the* Indian *vomiting Root half a Drachm, of Tartarum Emeticum two or three Grains, of Milk-water three Ounces, of the stronger Cinnamon Water two Drachms; and during the Operation, drink plentifully of either of the Liquors mention'd before, and going to-Bed after either of these Medicines have done their Duty, drink either of the following Draughts.*

Take of Diascordium two Scruples, of Black-Cherry or Milk-water two Ounces, of strong Cinnamon-Water three Drachms, and an Ounce of Syrup of Diacodium, make it a Draught.

Or, *Take of Milk-water two Ounces, of* Venice *Treacle half a Drachm, of Compound Piony-Water three Drachms, of liquid Laudanum eighteen Drops, mix them for a Draught.*

Such vomitive Medicines ought to be repeated once in a Month or six Weeks, inasmuch as impure and noxious Juices are continually excluded from the Nerves and Limpheducts, and poured into the Cavity of the Stomach; which contract-

contracting by lying there greater Acrimony, much disturb its digestive Labour, and disable it in a good measure from executing that important Office; whence, as before observed, a great Load of Crudities, the Relicks of undigested Foods, afflict and oppress the Ventricle; and these ill Humours, in their turn, offend the Stomach, and vitiate its concoctive Faculty yet more. It is therefore adviseable to unload and carry off this exorbitant Collection of hurtful Juices, and after a Season, when the Stomach is filled again, to repeat the Evacuation; by which means, besides the Benefits before named, there will be Time gained to administer such strengthening and corrective Remedies, as are most efficacious to recover the Patient, at least to mitigate and reduce the chief Symptoms.

Frequent letting of Blood to ten or twelve Ounces from either Arm, and sometimes cupping on the Neck and between the Shoulders, instead of using the Lancet, is of great Advantage to Hypochondriacal Patients; and some of them I have known, who have been obliged to open a Vein three or four times a Year, and by that means have preserved a tolerable State of Health; for as oft as their Spirits were too much agitated or expand-

ed, and the Mass of Blood by that means became over-heated; whence violent aking of the Head, Giddiness, Pains in the Limbs, and other Symptoms proceeded, they found themselves under a Necessity of flying to this Refuge, and for some time were almost ever relieved. I recommend therefore this Evacuation freely, though the Patient is in a Course of other Remedies, in case he has Strength and Activity enough to bear it; for he must be guided by that Observation, whether he should bleed at all; and if so, how often, and what Quantity he should take away; and the judicious Repetition of it will be very successful.

I come now to Remedies that cause no Evacuation, unless perhaps cutaneous, and are therefore called correcting and alterative, and in some degree specifick; that is, such as sweeten the acid and austere Juices in the Stomach, and the hollow Appendages; for I question whether there are any such in the Blood, which upon Distillation, affords only a volatile *Alkali*, though the Humours strained from it, may afterwards contract a Sharpness and Acidity, either by continuing too long in their Cisterns, or by mingling with depraved Juices communicated to them from the Nervous and Lymphatick Channels.

Or

Or elſe they are endowed with a Vertue that reſtores the depraved Texture or Craſis of the Blood, or that ſtrengthens and invigorates the Syſtem of the Nerves, or that imparts Stability, Firmneſs, and Vivacity to the animal Spirits; or laſtly, ſuch as open the obſtructed Glands, and promote a due Mixture, and a regular Circulation of the vital Fluids.

The Remedies that have ſufficient Efficacy to reduce and ſubdue the Sowreneſs and Auſterity of the Juices in the Stomach, and its Appendages, which often vellicate and provoke the Nerves, and excite inordinate Motions of the Spirits, are in the firſt place *Alkali's*, that are endowed with oppoſite Qualities, ſuch as Powder of Coral, Crab's Eyes, Crab's Claws, Pearl, Chalk, burnt Hartſhorn or Oiſter-ſhells: they may either of them be given ſingly in Spring-water to the Quantity of half a Drachm two or three times a Day; Salt of Wormwood, Tartar, or other Vegetables, are likewiſe very ſerviceable to the ſame end, and may be given in the ſame manner and the ſame quantity; and thoſe Medicines may be mixed in Compoſition, in the way following.

Take of prepared Coral, Crab's Eyes and Pearl, each half a Scruple, to be taken

ken three times a Day in Milk-water, or Spring-water alone, or mixed with Wine.

Or, *Take of the Conſerve of Hipps or* Roman *Wormwood each an Ounce, of burnt Hartſhorn and the whiteſt Chalk, Crabs Claws and prepared Coral, each a Drachm and half; of volatile Salt of Hartſhorn or Vipers, a Drachm; of powdered Nutmeg two Scruples; make it into an Electuary, with a ſufficient Quantity of Syrup made of the Liquor of Candied Nutmegs, or the Syrup of Maidenhair, or the red Poppy. Take the quantity of a Drachm twice or thrice a Day; or theſe Powders may be made into Lozenges, according to Art, which may be frequently diſſolved in the Mouth, or ſwallowed.*

Of the ſame Nature and Uſefulneſs are Spirit of Hartſhorn, Sal Volatile Oleoſum, Dr. *Goddard*'s Drops, *&c.*

And as theſe fixed and volatile Salts are beneficial for this end, while by their contrary Properties they blunt the ſharp Points of acid Juices; or abſorbing and cloſely combining with them, diſarm them of their noxious corroſive Quality; ſo convenient Liquors, drunk in great quantity,

quantity, by diluting, and then washing them away, free the Stomach from sharp and sowre Impurities; and since that Bowel, employed in digestive Food, does in these Patients overflow with hot and pungent Choler, and no Medicine has been hitherto discovered of a sufficient appropriate Nature to correct and subdue it, there is no way left, at least so effectual, to ease the Stomach of this uneasy Guest, as copious Dilution by proper Liquors; and the most efficacious are either Purging or Diuretick: of the last sort are the *Bath* and *Bristol* Waters, or the soft Springs from chalky Hills, but chiefly those called Chalybeate, such as the Waters of the *German Spaw*, *Tunbridge*, and many others, which abound in this Kingdom; but are rarely found in other Countries that lie to the South, and especially purging Springs are almost unknown to the Inhabitants of those Places.

It is true, that such purgative Medicines as Infusion of *Hiera Picra* and *Elixir Salutis*, and such Vomits as I have before named, are profitable in this Case; but nothing is so advantageous as Steel unprepared, or dissolved in Springs; of which afterwards I shall discourse more at large. These, I say, are the Medicines, that of all others are the most pre-

valent and successful in relieving Hypochondriacal Affections.

Various Preparations of Steel are recommended; but in obstinate Cases, the Filings ground with white Sugar-candy to a fine Powder, have a better Effect than all the Productions of chymical Art. The lowest Preparations are those of *Mynsicht*'s Drops, and the Tincture of Steel drawn from its Filings by *French* Whitewine or Sherry. The Patient, after the previous Evacuations mentioned before, may take twenty or twenty-five Drops of *Mynsicht*'s Drops in a Glass of Whitewine and Water, *Bath* Water or any *Chalybeate* Water, or in a Dose of the Infusion of the Tops of *Roman* Wormwood, Centaury, and the Root of *Gentian*, or other proper Bitters. After a Week or ten Days, if the Patient finds no Benefit, let him use this Tincture.

Take of Root of Gentian, Virginian Snakeweed, each a Drachm; of the Tops of the lesser Centaury, a Pugil; of Coriander Seeds, two Drachms. Infuse all in three Pints of Spring-Water boiling-hot; and when it is strained, add to it half a Pint of Chalybeate Wine; let the Patient take of the Tincture seven or eight Spoonfuls

fuls every Morning, and Afternoon about five a-Clock.

The Preparation of Steel taken in a proper Proportion for a Month together, is yet more efficacious; which may be taken in Form of an Electuary or Pills.

Take of the Conserve of Roman *Wormwood two Ounces; of the Salt of Steel, two Drachms; of the Root of Wake-Robin, a Drachm and half; of Tartar vitriolated, a Drachm; of choice Myrrh and Saffron, each half a Drachm: Make it an Electuary with the compound Syrup of Peony, or any other convenient Juice. Take the Quantity of a Chesnut every Morning, and Afternoon about five a-Clock, drinking after it a small Glass of bitter Wine, or that of Vipers.*

Or, *Take of the Conserve of Orange Peel, two Ounces; of Galangall and Zedoary, each a Drachm and half; of Castor and Myrrh, each a Drachm; Salt of Amber, half a Drachm; Vitriol of Mars, two Drachms; Syrup of the five opening Roots, a Quantity sufficient: Make it an Electuary, to be taken as the former.*

Steel

Steel yet may be given in Subſtance to a proper Proportion for a Month together, by retaining the Ingredients of either of the Electuaries preſcribed, and leaving out only the Salt of *Mars* in the firſt, and the Vitriol of *Mars* in the laſt; and ſubſtitute in their room, to either of them, two Drachms of Steel prepared with Sulphur or Tartar: And if theſe Remedies prove unſucceſsful, let the Patient have recourſe to the Filings of Steel finely powdered with Sugar-candy; and inſtead of the Salt and other Preparations before ſet down, uſe this Medicine in the ſame Quantity, and in the ſame manner, and for as long a time as the former, the Diſtance of two or three Months being interpoſed.

And it muſt be acknowledged, that the opening the Bodies of Minerals or Metals by chymical Operations, and ſeparating from each other the conſtituent Parts, does not always, nor often, make it a more profitable Remedy than it was before the Union of it was diſſolved, and the Parts ſeparated; and therefore ſome very eminent Phyſicians have conſtantly made uſe of Steel, Mercury, Antimony, Opium, the Jeſuit's Bark, *&c.* in their natural State, without any Preparation by the Chymiſt; particularly Mr. *Barberack*,

berack, a celebrated Phyſician, that flouriſhed in the *South* of *France* about 40 Years ago. And it muſt be confeſſed, that Minerals, Metals, and other Medicines unaltered by the Fire, and other penetrating Menſtruums, perform their Duty with more Succeſs, as is evident by Experience, than after their original Structure has been broken, and the natural Coherence of their Parts deſtroy'd by Art and Labour. And the Reaſon of it is, that theſe Remedies are beſt prepared, diſſolved, and digeſted for the Purpoſes of Health, by the chymical Power of the Ferments in the Stomach, provided by Nature, not only for the concocting of indigeſted Foods, but for opening likewiſe the Body of Medicines, diſengaging the Complication of the Parts, and procuring by Digeſtion ſuch neceſſary Changes, as may make them fit for the Service of animal Life: and therefore the Chymiſt for the moſt part, for want of Judgment and Obſervation, takes the Work of Nature out of her Hands, and with great Skill, Labour and Expence of Time, performs it much worſe; and by his unhappy Management at laſt deſtroys or diminiſhes the Virtue of the Remedy, if he does not make it detrimental. Mineral Waters, I mean Chalybeate,

beate, such as those of the *Spaw*, *Piermont* in *Germany*, St. *Peter*'s Well at *Clermont* in *France*, *Tunbridge*, *Astrop*, and many others in *England*; as likewise the *Bath* and *Aix la Chapel* are the most eminent for relieving Hypocondriacal Affections: And such by long Experience is their salutary Virtue found to be in this, and all Cases called Scorbutick, that in comparison with them all other Remedies, excepting Steel it self, crude or prepared, are almost insignificant. It proceeds therefore from a want of Knowledge of the Efficacy and Force of Medicines, or from a vain Ostentation of a superior and more extensive Acquaintance with the *Materia Medica*; or a weak Conceit, that the Reputation and Dignity of Physick will be much increased by the long Pomp and luxuriant Retinue of Compositions and Receipts, that many celebrated Writers on these Subjects have set down, for the Cure of these Distempers, such a multitude of Remedies made up of various Ingredients in the Forms of Powders, Pills, Electuaries, Decoctions, Infusions, Diet-Drinks, Juices, Clisters, *&c.* Among these *Ettmuller* has distinguished himself, and shewn an extraordinary Capacity, who for the Cure of this Hypocondriacal Malady and the

Scurvy,

Scurvy, which he reckons a Branch of it, has prescribed no less than two hundred compound Medicines in various Forms; of which some consist of ten, or twenty, or thirty simple Ingredients, tho' some are less complex; that is, an hundred, when he treats of Hypocondriacal Affections and the Scurvy under the same Head, and above a hundred more when he attacks the Scurvy alone. Now when a young, unexperienced Physician shall see such a Host of Remedies drawn in Array, and such a terrible Train of Medicinal Artillery ready to be discharg'd at the Doctor's Signal, he will be apt to cry out, What Disease can stand against such a formidable Strength? Be it ever so obstinate, it must yield to some of these Medicines of superior Efficacy, or at least be oppressed and overpowered by unequal Numbers: but the graver Practitioner will be tempted to ask, why is all this Waste, why all this Trouble and Expence in levying so many Forces? Might not two or three choice Remedies, often tried and crowned with Success, be detached from these numerous Regiments to combat the Disease, if the Doctor knows which of them he can rely on? But if he does not, he'll in vain attempt to make up with Numbers the Weakness and Insufficiency

of

of his Preparations; for if none of the ſimple Ingredients, that form a complicated Recipe, nor any ſingle Recipe, has any Virtue to ſuppreſs and conquer the Diſtemper, then two hundred liſted in the Service will be unavailing, and will continue ſo, though a Squadron of two hundred more Auxiliaries ſhould be raiſed to join them; for if the Parts have no prevailing Virtue in themſelves, they cannot communicate any to the Compoſitions; and if all the Compoſitions preſcribed are made up of ſuch inſignificant Ingredients, it is in vain to expect they ſhould be ſucceſsful, as before aſſerted. This I am well aſſured of, that Steel prepared or unprepared, and Chalybeate Waters, or thoſe of the *Bath*, with opiate Remedies and ſuch Evacuations, as I have before mentioned, at proper Seaſons interpoſed, will do more for the Service of Hypocondriacal Patients, than five hundred other Preſcriptions.

Chalybeate and other Mineral Waters, not purgative, are very beneficial, for the following Reaſons. One I have given before, when I ſhewed how theſe Waters operate, by attempering, diluting, and carrying off the noxious Humours collected in the Stomach, that partly iſſuing from the Outlets of the Nerves and Lympheducts,

pheducts, and partly proceeding from a defective Digeſtion, do yet further deprave that Faculty, from whoſe previous Imperfection they in ſome meaſure took their Riſe. But the chief Reaſon is this, that Mineral Diuretick Waters, eſpecially Chalybeate, corroborate and reſtore by their aſtringent Quality the Tone of the Nerves, and the membranaceous Fibres, and contract and confirm the animal Spirits; by which means they are enabled to reſiſt all violent Incitations and Impreſſions from outward and inward Cauſes, without Diſſipation and convulſive Confuſion. Now Hypocondriacal Affections are founded in the Relaxation of the Nerves, and the weak and fugitive Diſpoſition of the Spirits, as has been often ſaid; and therefore theſe Remedies, that recover the one and the other, by reſtoring their due Firmneſs and Conſiſtency, directly lay the Axe to the Root of this Evil. And another Reaſon is this, that the Waters which I am ſpeaking of mingling with the Blood, not only waſh away many incongruous and impure Fluids, but inſpire it with new Life and Vigor. Add to this, that by their Current they not only open and free the obſtructed Glands, and provide a clear Paſſage for the Blood in its Circulation, but likewiſe by their Aſtringency,

gency contract the Glands that are relaxed, and by that means draw their Paſſages and Mouths to ſuch a juſt Dimenſion, that they may not diſcharge an immoderate and ſuperfluous Quantity of ſerous Humours; which as I have ſhewn before, is the antecedent and general Cauſe of Hypocondriacal and Hyſterick Sufferings.

The Patient may take the Waters by themſelves, from a Pint and half to three Pints at a time, interpoſing three quarters or half an Hour between each Glaſs; and to quicken their Diuretick Qualities, if defective, a Scruple of Salt of Amber, or a half Drachm of purified Nitre, or Sal Prunellæ, may be diſſolved and taken in the firſt Glaſs, to puſh the Waters, and facilitate their Separation. Twenty Drops of *Mynſicht*'s Tincture of Steel may be taken likewiſe, to enforce their alterative Virtue in the firſt Draught, or ſix or ſeven Spoonfuls of the Chalybeate Tincture, before preſcribed, may be taken firſt in the Morning, and the Doſe of Waters drank after it, and likewiſe repeated in the Afternoon, waſhing it down with half a Pint of the Water; or a Doſe of the Electuary or Pills mentioned above, may be taken firſt in the Morning, drinking the Waters after them in the manner directed. If the Patient is bound,

bound, a Scruple of Pill Ruffi, or two Ounces of Infusion of *Hiera Picra*, should be taken at Night going to Bed, to relieve that Symptom, forbearing the use of the Waters the next Day; and it ought to be renewed when the like Exigence of Nature shall require it. It must be observed here, that all Chalybeate Waters are not equally beneficial to all Hypocondriacal Patients: those of *Tunbridge* will sometimes relieve those that found the *Spaw* Water insignificant or detrimental, and so *vice versa*. The weaker Waters of *Islington* or *Hampsted* have been profitable to some who have been over-heated, and too much animated by those before-mentioned; for the more active and spiritful Waters of *Piermont*, which Persons of a more tender and delicate Constitution cannot bear, may be very beneficial to Persons of a robust Complexion: and therefore if one sort of Waters does not succeed, another should be tried at a proper Distance of Time; and if no Chalybeate Springs are found to be profitable, the Patient ought to have recourse to those of the *Bath*, or *Aix la Chapelle*; and indeed all sorts of Mineral Waters are friendly in some degree to Hypocondriacal Persons: but they should drink none of these longer than five or six Weeks at a

time, except in a small Quantity, especially those impregnated with Steel. The manner of drinking these Waters, and the Rules about it, are so well known, especially at the Places where they rise, that I shall not enter into any more Particularities relating to them: but before I dismiss this Subject, I crave Leave to add, that the use of the Waters I have mentioned, is likewise eminently profitable in scorbutick Cases, where it expresses more Efficacy than all other Prescriptions and Receipts whatsoever; and therefore Dr. *Willis*, *Etmuller*, and other learned Physicians, might have spared their Pains and superfluous Pharmacy, in providing and marshalling such endless Catalogues of Forces to engage this obstinate Enemy; for the principal Remedies to subdue or restrain the Growth of the Scurvy, that is the Beginnings or first Efforts of different Chronical Diseases yet in Embryo, and unfashioned, are Steel, Chalybeate, and other Mineral Waters; though that which is contracted by Sailors, who have lived long on Salt Meats in their Voyages, is likewise often subdued by green Sallads, and other acid Juices; and the Ways of Operation by which Mineral Waters produce their wholesome Effects, I have before unfolded, in treating of the Cure of Hypocondriacal Affections.

Having

Having explained the Operations of Steel and Mineral Waters, by which they become so beneficial to Hypocondriacal Patients, I proceed to the last Medicine I shall recommend in this Distemper, and that is Opium, which I mentioned, and only mentioned above: This Medicine is of singular Advantage in these Cases in several Respects: First, as it calms and sooths the Disorders and Perturbations of the animal Spirits; which, when lulled and charmed by this soporiferous Drug, cease their Tumults, and settle into a Srate of Tranquillity: Wonderful it is, how soon the Hurry and Tempest in the Nerves is composed by the Sollicitation and Intervention of this prevailing Medicine.

I have said above, that by their Nature and original Constitution the Spirits of Hypocondriacal and Hysterick Persons are weak and volatile; and therefore apt of themselves to fall into Disorders, and to be over agitated, and when they are thus restless and confused, whatever abates their Hurry, and restores them to a regular and peaceful State, is the Remedy that Nature demands. If Inquietude be the Distemper, Quiet must be the Cure; and 'tis certain, that many of these Cases have not their Rise from abundance of ill Humours, but

from the faulty Diſpoſition of the Nerves and Spirits themſelves; and therefore frequent and ſtrong Purgation, on pretence of carrying off noxious Humours, enfeebles the Spirits, and if purſued, will demoliſh the Patient: but quieting Medicines compoſe and ſtrengthen him, by ſaving his Spirits from Waſte and Diſſipation, and imparting to them more Firmneſs and a ſedater Motion.

This being premiſed, the judicious Reader, who attentively obſerves the Symptoms, will plainly perceive that theſe pacifick Medicines muſt remove or abate them in confirmed Hypocondriacal Affections. Violent Head-akes, want of Sleep, Pains, and Catchings, Inquietude, great Agitations of the Limbs, and Short-breathing, are the uſual Sufferings. Now Opiates are found to be the only Remedy to relieve theſe Complaints; and it is a great Mark of Benevolence and Compaſſion of the Author of all Things, that he has provided ſo eaſy and ſo prevalent a Medicine, to ſupport Mankind under the unſufferable, tormenting Pains, that ſometimes accompany Hypocondriacal Affections, as well as the Gout, Stone, and Cholick, which otherwiſe would be too much for human Patience to bear. Dr. *Bernard*, who practiſed Phyſick in *London* about

about thirty Years ago with great Reputation, told me, that he had been obliged to take thirty Drops of liquid *Laudanum* every Morning in the Winter Seaſon, to eaſe his laborious Aſthmatical Breathing, which afflicted him every Day, without Expectoration; for, ſaid he, without that Help, I am uncapable of going abroad to viſit my Patients.

Nor ſhould any one be diſcouraged from uſing this Medicine in the Caſes abovementioned by any Perſons, who tell them with a grave Countenance, that Opiates lock up the Humours of the Body, and therefore muſt be avoided: but this is a Cant of Words without a Meaning, the dark Production of a cloudy Imagination, and therefore to be expoſed and diſregarded. It is at other times objected to the uſe of Opium, that, like Wine and Strong Liquors, it takes off the Edge of the Stomach, and makes the Perſon ſottiſh and ſtupid. I grant, that this is a frequent Effect of it, if taken wantonly upon ſmall or no Motives, and that frequently, and in an exceſſive Quantity: but no ſuch pernicious Effects attend the uſe of it in a moderate Proportion, and then only when ſuch violent and unſufferable Pains as I have before mentioned, or continued obſtinate Wakefulneſs, and

great Inquietudes, ſhall require it; and under theſe Limitations, there is no fear of its being injurious to the Stomach, or hurtful to the intellectual Faculties. I have known ſeveral Hypocondriacal and Hyſterick Patients, that took opiate Medicines for many Years under the Reſtrictions laid down, without the loſs of Appetite, or the contracting any Dulneſs of Underſtanding; but on the contrary, they enjoyed a comfortable State of Health and Eaſe, having always at hand the friendly Aſſiſtance of their Remedy, when in good earneſt they wanted it; and ſuch a Quantity is to be preſcribed, as by Trial is found to ſubdue the Symptoms. And the Reaſon why theſe Patients bear the frequent uſe of this Drug, without Diminution of Appetite, and more than natural Decay of the Mind, is, that the Spirits of theſe Perſons, as I have often ſaid, are exceeding volatile, and apt to be too much rarified; and therefore Opiates that contract and bring them into narrower Dimenſions, do them great Service, by lowering and reducing them to Nature's Standard; whereas ſhould others, of a ſluggiſh or leſs active Complexion, whoſe Spirits are not enough refined and exalted, indulge themſelves in the free uſe of Opium, it would be no wonder if they ſhould

ſhould be Sufferers by it in both the reſpects before ſuggeſted.

But others object againſt the uſe of quieting Remedies, their imperfect and ineffectual Operation; for, ſay they, this Medicine only relieves our Pains and Inquietudes, and gives us Eaſe and Reſt for a Time, but then all theſe Sufferings return ſoon after. But ſhould any Man argue thus againſt the uſe of Meat and Drink, aud ſay, To what purpoſe ſhould I dine and ſup to Day? This does not totally remove my Hunger and Thirſt, but only eaſes them for the preſent; to-morrow they will be renewed, and I ſhall be obliged to dine and ſup again, which will make it ſo habitual, that I muſt be every Day eating and drinking for Health's Sake; and this will prove an unſufferable Burden. And the like may be urged againſt ſleeping this Night, becauſe it will be wanted again the next; if any Man, I ſay, ſhould reaſon thus, would not the Audience conclude, that ſome Men may become ſtupid from other Cauſes more than that of the uſe of Opium? It is a very great Happineſs to have a Medicine always at hand, that will eaſe our Complaints, when they happen; and though they cannot prevent all future Fits, will however ſubdue them as oft as they return.

Some

Some Perſons further object, that if they take Opiate Medicines, as they ſhall always be obliged to repeat them on the like Occaſions, ſo Cuſtom and Familiarity will ſo far weaken their Operation, that they ſhall be obliged to repeat the Quantity often, till at length they muſt riſe to an immoderate Doſe, otherwiſe it will be ineffectual. I anſwer, that I muſt acknowledge that ſome, for want of due Caution, or of Patience to bear ſmall Sufferings, or a great Delight to keep themſelves always eaſy, pleaſant, and in good Humour, indulge themſelves too much in the uſe of Opiates, when there is no juſt Reaſon for taking of them ſo frequently, nor in ſo great a Proportion; as others have recourſe too often to ſtrong Wine and cordial Waters for the ſame purpoſe; and then it is no wonder if the one and the other by degrees contract ſuch a prevalent Habit, that they cannot forbear theſe Entertainments without great Uneaſineſs, nor purſue them without great Danger; but to avoid a preſent Complaint and Diſſatisfaction, they generally go on till they ariſe to a pernicious Quantity: But if the Limitations are obſerved which I named before, I ſeldom or never ſaw theſe ill Conſequences in Hypocondriacal or Hyſterick Caſes, where there was no Mix-

ture

ture or Touch of Lunacy. I have known many Patients of each Sex, that have for a long Train of Years taken this quieting Medicine, as often as their preſſing Symptoms required it, with good Succeſs, and without any ill Conſequence, or being obliged to increaſe the Doſe higher than thirty Drops of liquid *Laudanum*, or a Grain and half of Crude Opium; except very ſeldom, when their extraordinary Inquietude, and exquiſite and outragious Pains not yielding to that Proportion, the Patient has been forced after two or three Hours to take as much, or half as much more; which, with the former Doſe, has ſeldom or never miſſed the deſired Effect.

Bliſters are uſually hurtful in this Caſe while they ſtimulate and provoke the Nerves and Spirits, too volatile and irritable of themſelves. But if theſe Diſtempers are attended with Heavineſs in the Head, and a ſleeppy Diſpoſition, or a paralytick Numbneſs or Relaxation of any of the Limbs, they may be applied with great Advantage.

I have now laid down the Method of Cure in this obſtinate Diſeaſe, attended with ſuch variety and ſo long a Train of Sufferings; but it muſt be obſerved, that the loweſt Degree of it is rather deſirable than

than hurtful; and therefore no Skill or Remedies ſhould be employed to remove it. For it is evident by common Experience, that Men of a ſplenetick Complexion (I take the Word in a Phyſical, not in a Metaphorical moral Senſe) in whom no great and conſiderable Symptoms appear, are uſually endowed with refined and elevated Parts, quick Apprehenſion, diſtinguiſhing Judgment, clear Reaſon, and great Vivacity of Imagination; and in theſe Perfections they are ſuperior to the common Level of Mankind: Theſe they derive from their native Conſtitution; as many Hyſterick Women owe their good Senſe, ready Wit, and lively Fancy, to the like Fountain; and therefore a Hypocondriacal Diſpoſition, while the Ferments that feed it are in a low Proportion, is conſiſtent not only with Health of the Body, but is beneficial to the Faculties and Operations of the Mind; and it may be ſaid of theſe Affections, as we ſay of Fire and Water, they are good Servants, though bad Maſters; for when they keep their inferior Station, and are directed and governed, they aſſiſt the intellectual Powers, and make the animal Spirits more capable Miniſters for the Service of the Mind. Some however I have known of a ſplenetick Conſtitution, who, notwithſtanding

ſtanding the great Helps and Aſſiſtance of that Complexion, were unanimated and ſtupid, of a ſlow Conception and muddy Head: but there are Errors of Nature, even in the Formation of odd Complexions and monſtrous Individuals of the Hypocondriacal Species; but the Perſons of ſuch a flegmatick Conſtitution, that all Hypocondriacal Means and Labour have been loſt upon them, while they ſtill preſerved ſound and entire their invincible Antigenius and Incapacity, are but very few, though enough to ſtand Exceptions from the above-mentioned general Rule.

The Reaſon why Men of a ſplenetick Temperament excel their Neighbours in Cogitation and all intellectual Endowments, is this, that when the Juices ſtrained by the Glands from the Nerves and Lymphatick Canals, and depoſited in the Brain, Stomach, Spleen, Pancreas, or any other Receptacles or Lodgings, provided by Nature in the Structure of the Body, retain a moderate Acidity and Acrimony, they only ſtimulate, exalt and expand the Spirits to ſuch a juſt degree, as enables them to make their reciprocal Motions with a due Velocity, in Obedience to the Impulſe of the Mind, as well as when employed in voluntary vital Offices, and likewiſe to ſerve as more refined

refined Inſtruments of the Underſtanding, by a bright and lively Repreſentation of its Objects, and of the Imagination, in all its lighter Operations, which by this means are ſtocked with a greater Plenty of clear, ſurprizing, and beautiful Ideas, than are commonly produced in Perſons of a different Conſtitution. But if the Juices before mentioned, contained in any of the Bowels, degenerate, and become immoderately acid, ſharp, pungent and auſtere, then they urge and vellicate the Nerves ſo much, and irritate and ſcatter the Spirits in ſuch a violent manner, that the whole intellectual and animal Adminiſtration is violated and diſturbed, while the Mind is deprived of proper Inſtruments for its Operations, and the Body is filled with Pains, Spaſms, and convulſive Diſorders, as before has been explained: But till this Period begins, the Spleen, as it is called, is no Diſeaſe, or at leaſt none that one would wiſh to be cured of. The learned Dr. *Willis* has formed a Theory on this Subject, in part alike, and in part different from what I have laid down; by which he accounts for all theſe Effects, by the good or bad Diſpoſition of a Leven or Ferment, which he places in the Spleen; and this he ſuppoſes, while it remains in a regular State,

is a great Assistant and Refiner of the animal Spirits, and when it is perverted, and becomes too sowre and austere, he makes it the chief, if not the sole Cause of Hypocondriacal Symptoms: But I am so far from confining them to the Spleen, that I believe all other Organs are in their turn as much concerned, and some more, as I have before explained.

It must be acknowledged that this Disease being ingenite and coeval with the Embryo, and interwoven and complicated with the Principles of Life, it is even at first difficult to be cured; but after it has by degrees got Ground, enlarged its Power and Dominion, and seized the principal Seats of Life, it is scarce ever entirely expelled, while the unhappy Patient lives in a continual State of War, and is every Day alarmed and harrassed by furious Incursions of the animal Spirits from the Brain, and their painful Inroads into the Limbs and Bowels, which they afflict with convulsive Agitations; or while, on the other hand, they rise from the lower Seats of the Abdomen, and climb up with great Disorder, till they reach the superior Parts, where they produce the like Symptoms; though it is certain, that many Hypocondriacal Patients, even far gone, have been so much relieved by Method

and Medicine, as to live many Years in a comfortable and useful, though not a perfect State of Health.

I have hitherto discourſed of the general Nature of Hypocondriacal and Hyſterick Affections, ſimply conſidered, and abſtracting from the Seeds of other Diſtempers, that in ſome Perſons adhere to the Principles of the former, and by that Complication, make different Appearances of that Diſeaſe: ſometimes the Malady of the Spleen is blended and combined with the noxious Ferments of Melancholy, Lunacy, Epilepſies, Palſies, and Conſumptions; and by this means Hypocondriacal Patients, from the Conjunction of the Principles of either of the Diſeaſes beforenamed, will diſcover great Marks and Tokens peculiar to each: for inſtance, ſome of a more moroſe, reſerved, and ſaturnine Conſtitution, ſhall appear at times ſad, melancholy, and inconſolable; ſome ſhall expreſs the Signs of a diſturbed Imagination, approaching to Suſpenſion of Reaſon, or a lunatick, diſtracted State; and therefore the People cry out, oh! he is mad, meaning no more, than that he is an odd, whimſical, hypocondriacal Man. And this is the Caſe, when the Principles of other Diſtempers are combined in an inferior degree to hypocondriacal Seeds; for

then likewiſe the Patient, in ſome meaſure, ſhews the Symptoms of the adventitious Diſeaſe.

While theſe foreign Seeds, of another Claſs and Nature, that ſtrictly cling to and embrace thoſe Hypocondriacal Maladies, are in a much lower Proportion, and the Hypocondriacal Symptoms more prevalent, and much ſuperior to the others of a different Species and Extraction, the Patient may continue long in whimſical Circumſtances, and under the Dominion only of his proper Diſeaſe, without being depreſſed into deep Sadneſs and Melancholy, or elevated into Lunacy and Diſtraction; for there are ſome, who though they fluctuate, and hang pendulous a long time between ſober and mad, yet never wholly go over to the lunatick Side.

But how this Diſtemper is allied to melancholy Diſtraction, and other Diſeaſes, that affect the Spirits and the Syſtem of the Nerves; and by what Properties it is diſtinguiſhed from them, and how ſometimes Hypocondriacal Affections are mixed with either of them, and the various Appearances and Effects ariſing from ſuch Combinations, ſhall be treated of afterwards in the Third Section.

Of Hysterick Affections.

MOST Physicians have looked upon Hysterick Affections as a distinct Disease from Hypocondriacal, and therefore have treated of them under different Heads; but though in Conformity to that Custom I do the same; yet, as before affirmed, I take them to be the same Malady, and not different in Specie. It is true, that the convulsive Disorders and Agitations in the various Parts of the Body, as well as the Confusion and Dissipation of the animal Spirits, are more conspicuous and violent in the Female Sex, than in Men; the Reason of which is, a more volatile, dissipable, and weak Constitution of the Spirits, and a more soft, tender, and delicate Texture of the Nerves in the last, than in the first; but this proves no Difference in their Nature and essential Properties, but only a higher or lower Degree of the Symptoms common to both. Since then they are of the same Species, the Method of Cure ought to be adapted to this Notion, founded on Reason

Reaſon and Obſervation; though ſometimes in preſcribing for Hyſterick Affections, a juſt Deviation muſt be allowed from the Rules ſet down in ſplenetick Diſorders, not only becauſe they differ in a great Degree, but by reaſon of many Peculiarities in the Female Sex, that require a different Application.

This Diſeaſe, called Vapours in Women, and the Spleen in Men, is what neither Sex are pleaſed to own. A Man cannot ordinarily make his Court worſe, than by ſuggeſting to ſuch Patients the true Nature and Name of their Diſtemper; while two Perſons, each of them far gone in Hypocondriacal or Hyſterick Diſorders, will reciprocally charge on each other this Diſeaſe, and with good Reaſon, as two Miſers will upbraid one another with Avarice, which however neither of them can diſcern, or will acknowledge in themſelves. One great Reaſon why theſe Patients are unwilling their Diſeaſe ſhould go by its right Name, is, I imagine, this, that the Spleen and Vapours are, by thoſe that never felt their Symptoms, looked upon as an imaginary and fantaſtick Sickneſs of the Brain, filled with odd and irregular Ideas; and accordingly they make the Complaints of ſuch Patients the Subject of Mirth and

Raillery. This Diſtemper, by a great Miſtake, becoming thus an Object of Deriſion and Contempt, the Perſons who feel it are unwilling to own a Diſeaſe, that will expoſe them to Diſhonour and Reproach; though ſome I believe are not themſelves conſcious of the Nature of their Diſtemper, eſpecially when complicated with the Seeds of Melancholy or Lunacy.

I cannot forbear ſaying on this Occaſion, that it is a culpable want of Compaſſion, and the Mark of a cruel Diſpoſition, when any make themſelves merry with the Miſeries or Misfortunes of their Neighbour; for theſe are not the proper Subjects of Pleaſantry and Ridicule. Take thoſe Perſons that feel this Diſtemper in the loweſt degree, and are only called, by way of Deriſion, whimſical, that is, fluctuating, unequal, and not uniform in their way of Thinking, or the Courſe of their Actions; yet ſince theſe Errors ariſe from the perverted and degenerate Nature and inordinate Motions of the animal Spirits, they are for that Reaſon, a Diſeaſe that demands other Uſage than Scorn and Raillery. It is certain, that Hypocondriacal Men, as well as Hyſterick Women, are often afflicted with various Pains and great Diſorders; and could

could it be ſuppoſed that this was nothing but the Effect of Fancy, and a deluſive Imagination, yet it muſt be allowed, that let the Cauſe of ſuch Symptoms be never ſo chimerical and fantaſtick, the conſequent Sufferings are without doubt real and unfeigned. Terrible Ideas, formed only in the Imagination, will affect the Brain and the Body with painful Senſations. Thus we find that dreadful Objects preſented to the Mind in Dreams; for inſtance, the empty and unſubſtantial Forms of Ghoſts and Spectres, will, by their violent Inſtigation and Impulſe on the Spirits, put them into ſuch a Hurry and Confuſion, as ſhall cauſe great Inquietude and grievous Pains. Should then the Spring or Fountain of Hyſterick Symptoms be ſometimes only imaginary, and not real, this affords no Advantage or Comfort to the afflicted Patients; for the painful Effect is real and ſincere; and though they look well in the Face, and eat their Meat with ſufficient Appetite, they are often notwithſtanding the miſerable Objects of Compaſſion.

This Diſeaſe has the Appellation of Vapours from the Opinion of the antient Phyſicians, who imagined that it conſiſted in the Elevation of dark Fumes and Exhalations from the Matrice; which ri-

ſing up in fruitful, but unwholſome Clouds, produce Sufferings in various Parts of the Body where they uſe to ſpread their unhappy Influence, which ſhall preſently be reckoned up. This Opinion has been conveyed to later Ages, and continues among the common People to this Day. Hence this Diſeaſe is ſometimes called Fits of the Mother, ſometimes a Suffocation of the Womb, and ſometimes Hyſterick Affections, from ὑστέρα, which ſignifies the Matrice. Thus, as the primitive Doctors before mentioned, imagined that all Hypocondriacal Symptoms were derived from a Collection of black Dregs and Lees ſeparated from the Blood, and lodged in the Spleen; whence, as they ſuppoſed, noxious Reeks and cloudy Evaporations were always aſcending to the ſuperior Regions (the Cheſt, the Heart, and Head, which by turns were made the Seat of Hypocondriacal War, turbulent Conflicts, and ſeditious Inſurrections) to the great Diſtraction and Confuſion of the animal State; ſo they took a Fancy that all Hyſterick Paſſions proceeded from the riſing up of noxious Steams and Vapours from the Womb, through the Region of the Abdomen to the Thorax, Throat, and Brain, where they appear in different

and

and ſurprizing Shapes: But as there are no Paſſages, or proper Conveyances, by which theſe Steams and Exhalations may mount from the inferior to the ſuperior Parts, beſides other inſuperable Difficulties that encumber this Opinion, it is now exploded by learned Men, though retained, at leaſt in Name, among the People.

This Diſtemper, expreſſed under various Appellations, is founded, like Hypocondriacal Diſorders, in the weak and too delicate Texture of the nervous Syſtem, and the volatile and diſſipable Temperament of the Spirits; nor are they, as I have ſaid, two Diſeaſes diſtinct in Specie, but are only different in Mode and Degree, and ſome peculiar Appearances: For the Eſſence or Nature of each conſiſts in the irregular Flights and inordinate Agitations of the active Inſtruments of Senſation and Motion, which being irritated and provoked by degenerate and hurtful Juices inhabiting the Matrice, the Spleen, the Stomach, or any other Receptacles of the Body, paſs through their Channels in Hurry and Confuſion; and their Ranks and Order being thus broken, ruſh into the various Organs, where their Duty is to ſerve, and by their immoderate Expanſion, or convulſive Graſps and

Conſtrictions of the ſoft and tender Fibres of which thoſe Organs are woven, produce the Hyſterick Sufferings peculiar to that Part; the Solution of all which, in a rational Way, may be accounted for by the Hypotheſis laid down in Hypocondriacal Caſes.

An Enumeration of Hyſterick Symptoms.

I ſhall chiefly ſet down the Symptoms that are found in the Female Sex, in a higher Degree or in a different Shape and Appearance from the ſame in Men.

The firſt I ſhall mention, is a painful Elevation of the Abdomen, while the Patient complains that he feels a Motion like that of a Globe or Bowl ſtruggling and rolling upwards through that Region; which by degrees mounting to the Midriff, ſhoves it higher, or at leaſt hinders its Dilatation and Deſcent, whence ſhort and difficult Breathing; and is much augmented when the aſcending Spaſms and Convulſions reach the Thorax, and affect the pectoral Muſcles, formed by Nature for the reciprocal Office of drawing in and excluding the Air: And when this inordinate Motion, begun in the lower Regions, and propagated through the intervening Parts, aſcends

aſcends to the Throat, it produces there ſuch a ſtrangling Graſp or Conſtriction, that the Patient labours under a Difficulty of Swallowing, as well as Breathing, to ſo high a degree, that ſhe ſeems expiring, from a Suſpenſion of both.

Though this Suffocation of the Throat, and frequent Interruption of the ſwallowing Faculty, is not by far ſo often to be found in Men, yet ſome Examples of it have likewiſe appeared in that Sex: And it is obſervable, that notwithſtanding theſe Sufferings are ſo great and frightful, the Patient's Pulſe continue, though low, ſedate and regular.

Theſe Perſons are likewiſe by violent Convulſions, cauſed by the diſorderly and unruly Motions of the Spirits, frequently afflicted with great Pains through all the muſcular Parts of the Body, involuntary Catchings up of the Limbs, and a ſudden ſtriking or ſtretching them out, ungovernable Agitation of the Arms, toſſing of the Head, and ſometimes a ſtiff and rigid Poſture of the Body, in which they continue a while inflexible; and at other times they ſtrive and ſtruggle with extraordinary Emotion, and are ſcarcely held by the Arms of the ſtrongeſt Perſons; and in their greater Paroxyſms, their Eyes are diſtorted, and ſwim and roll

in a frightful manner, with Outcries and Vociferations, and repeated Sobs and deep Sighs. Sometimes they break out into an immoderate Fit of Laughing, which is soon succeeded by Sadness, Anxiety, and a plentiful Effusion of Tears; while the Patients complain, that their Heads are as hot as an Oven, and their Bellies, and especially their Feet, as cold as Ice.

Sometimes they perceive great Fullness, Oppression, and Distention of the Stomach and Abdomen; and sometimes they seem to themselves empty and hollow, as if their Bellies were gone. These, and other odd and anomalous Symptoms, proceed from the convulsive and confused Flights of the Spirits, or their unequal Distribution in the different Parts of the Body; and the last is the Reason why the Belly or Abdomen seems sometimes empty, and as it were evacuated; and sometimes too much distended, which happens as often as the Spirits flow thither in too great or too little Proportion: And from the same Inequality the Head is immoderately hot, while the Feet in proportion are as cold. Hence likewise proceed the Suffusions of Heat in particular Places, as the Back, the Breast, and Shoulders, where often the Patients complain

of

of a burning Disorder; where however no Fulness or Inflammation, or visible Defect is discoverable.

The Symptoms that appear in the Chest, are often short and unequal Breathing, not like that occasioned by the Oppression of a Load of Humours discharged from the Blood upon the Lungs, but resembling a dry Asthma, to which it bears a great Affinity. An irritating and contumacious Cough, without Expectoration of any digested or undigested Humours, is another Affliction caused by this Distemper in the Region of the Thorax.

The Symptoms of the Mouth are Suppression or Indistinction of Taste, while the Patient scarce discerns one sort of Meat from another; and sometimes the Palate is so vitiated by the disorderly Spirits, that all Foods impart to it a Sense of Fire or Pepper; besides excessive Spitting, of a thin serous Humour, even to a Quart, or much more in a Day and Night, frequently affects the Mouth. This immoderate Evacuation, which imitates that excited by Mercurial Medicines in the Salival Channels, proceeds from an inordinate Influx of the Spirits into the Strainers, by which they are irritated, and urged continually to separate its Moisture from the Blood; and as the irregular

gular Disposition of the Spirits from Affright and Consternation, as well as a Diabetes, will cause a Profusion of pale Water from the Bladder; so Hysterick Passions, as well as Hypocondriacal, will occasion a great Discharge of limpid Urine; which is likewise effected by sudden Alarms of Danger, or any surprizing Calamity. Frequent Fits of long and vexatious Sneezing, are Sufferings that often afflict these Patients, and so are Pandiculations, that is, a violent and involuntary stretching of the Arms and Body in yawning; and they are derived from the same Fountain as the other Symptoms, that is, the unnatural and perverted Motion of the Spirits; which, stimulated by some noxious Ferments, are disconcerted, and put into Flight and Confusion; and while thus disarrayed, and unable to rally and recover their Order, they rush into these or those Membranes or Muscles in a tumultuous manner.

The Symptoms that affect the Head, are sometimes Dimness, or Diminution of Sight, when the Exercise of the visive Faculties is suspended for a short or a longer Space; sometimes the Power of Speaking, and the Exercise of Reason, Reflexion, and Memory, are discontinued

for

for two or three Days; by which this Diſtemper imitates a Fit of an Apoplexy; as ſometimes by Diſtortions of the Face, Agitation of the Limbs, and Loſs of Underſtanding, it reſembles an Epileptick Paroxyſm.

The Symptoms that diſturb the Operations of the Mind and Imagination in Hyſterick Women, are the ſame with thoſe in Hypocondriacal Men, with ſome inconſiderable Variety; that is, Fluctuation of Judgment, and ſwift Turns in forming and reverſing of Opinions and Reſolutions, Inconſtancy, Timidity, Abſence of Mind, want of ſelf-determining Power, Inattention, Incogitancy, Diffidence, Suſpicion, and an Aptneſs to take well-meant Things amiſs. But though this Diſeaſe ſometimes affects the intellectual Faculties, and interrupts and diſtracts their Functions in a great degree, yet it ſeldom entirely ſubverts them, or brings on a State of Lunacy; though ſometimes when the faulty Ferments that agitate the Spirits, and occaſion involuntary Motions, are combined and complicated in ſome degree with the Seeds and Principles of that unhappy Diſtemper remaining in the Blood, or excluded into the Bowels or Glands, they may then infect the Spirits

rits not only with an Hyſterick, but a Lunatick Diſpoſition, which has been and ſtill is the melancholy Caſe of ſeveral of the Female Sex.

Now by the Hypotheſis I have laid down, theſe Complaints and Diſorders will be clearly explained: As firſt, the diſtracted and confuſed Motions of the Spirits riſing from the lower Parts of the Abdomen, and imitating, according to the Patient's Perception, the rolling of a Bowl or Globe upwards, may be well underſtood as the Cauſe of ſuch an anomalous Effect; as when the Periſtaltick, that is, the gentle and unperceived protruſive Motion of the Guts; by which their deſcending Contents are puſhed forwards, and at length excluded, is inverted; as in Cholical and Iliack Paſſions, thoſe Contents are carried and impelled upwards, till being unloaded on the Stomach, they are ejected by violent Vomitings, not to be reſtrained till their regular Motion is reſtored to the winding Nerves of the Inteſtines; ſo in this Caſe the Inquietude and Diſſipation of the Spirits aſcending contrary to the Deſign of Nature and their uſual Function, occaſion, by their convulſive Agitations, the Symptoms before deſcribed; and this Diſorder may indifferently happen from any noxious

noxious Humours in the Matrice, the inferior Inteſtines or meſeraick Glands, that offend and vex the Spirits in thoſe Parts till they are driven into convulſive and hyſterick Errors: and in like manner the reaſon of all the other Symptoms may be unfolded.

Theſe Hyſterical Affections, as well as Hypocondriacal, ſometimes begin in the Brain, where the Spirits are firſt irritated and impelled into inordinate Motions, and thence the Tempeſt drives through the Nerves down to the lower Parts, and carries great Diſorder and Confuſion where-ever it comes; and if it be conſider'd that, as above aſſerted, Tranſports and Extaſies, produced in Men and Women by *Demons*, in Imitation of divine prophetick Inſpirations, by the impulſive Violence of the Ideas and ſtrong Repreſentations in the Brain, the Spirits there were driven with ungovernable Force, and cauſed in the Joints, the Breaſt, and Abdomen, convulſive Motions; it will facilitate our Conceptions how Hyſterick Fits are produced in the Head. On the contrary, ſometimes this Diſcord and ſeditious Tumult in the animal Government has its Riſe from the inferior Regions, and mounting upwards, agitates all the Parts in its way, till it climbs to the Brain, and

and communicates to the Spirits that inhabit there a convulsive Disposition, or immoderate Expansion; and while their natural Order and Cohesion is greatly disturbed, they produce the grievous Train of Symptoms that in the Paroxysms of this Disease afflict the Head, as has been before described.

If the Tragedy begins in the Brain, it is excited sometimes by external, and sometimes by internal Causes; when the Seeds of this Disease, after they have lain darmant several Years interwoven and imprisoned in the first Principles of Life, and at length assisted and promoted by the Ferments of Puberty and maturer Age, begin to stretch themselves, and struggle for Enlargement, a sudden Fright, or any surprizing calamitous Incident, may by the violent Impression made on the Spirits in the Brain, excite the *Materia Disposita*, and give Birth to Hysterick Affections: And many under the Power of this Distemper, have informed me, that they never felt any Fit of the Vapours, as they are called, till after some such Accident befell them. But these Symptoms are likewise often produced by internal Causes; sometimes by degenerate Juices, either acid, acrimonious, or austere, lodging in the Cells and Vacuities of the

the Brain, in the same manner as they are sometimes caused by the like Impurities collected in the Stomach, Spleen, or any other Receptacles within the Abdomen, as has been formerly said.

This Distemper, under various Shapes and Appearances, affects by turns all the Organs of the Body, where it personates the Disease that peculiarly belongs to each Part; in the Head, it imitates an Apoplectick, and sometimes an Epileptick Paroxysm; in the Tongue, a Paralytick Numbness, and Suspension of Speech; and in the Heart, a Syncope; while a Defailance of Spirit, and Cessation of Motion, with a Stretching out of the Body, make Standers-by think the Patient is dead. In the Breast, it resembles an Asthma; in the Limbs, a Rheumatism; and in the lower Back, a Lumbago: But the most considerable Instance is, when the Hysterick, irregular Motions of the Spirits, by Shiverings and Rigours, and a low, swift, and sometimes unequal Pulse, Oppression of the Heart, frequent Sighs, and Sickness of the Stomach, express so great a Similitude to a putrid Fever, that it is not easy to distinguish the one from the other; of which Subject I have discoursed in my Treatise of the Plague and malignant Fevers. Since therefore this

this Disease affects at Seasons so many organical Parts, and the Mass of Blood it self; since it changes and shifts its Figure so often, and appears so frequently in the Shape of other more dangerous Distempers, it falls out that the Guilt of those Distempers is often charged unjustly upon Hysterick Passions; while Spectators, by not discerning the Distinction, are apt to cry out, oh! this is nothing but Vapours. It is true, that these Vapours, though grievous and afflictive, are seldom attended with fatal Symptoms; yet it is likewise true, that at length, by wasting the Spirits and weakening the Constitution, after an uneasy and uncomfortable Course of Life, they introduce other Diseases, that prove destructive; and the Case of these Patients till then, deserves the greater Commiseration, inasmuch as they cannot die, nor live in Comfort.

Thus I have enumerated the Properties and Symptoms of Hysterick Affections; whence it will appear, that they do not differ in Specie, but only in Degree from Hypocondriacal; and that whatever remote Causes contribute to the Production of these Distempers, yet their essential and adequate Idea consists in the unequal, convulsive Agitation of the animal Spirits, and that the immediate Seat or Subject of them

them is the System of the Nerves, the sensitive Theatre where all these extravagant Scenes of Uproar and Confusion are transacted.

This Disease is common to all of the Female Sex, Virgins, Married Women, and Widows, without Distinction of Age, as appears by Attention to the Symptoms above recited; and it may justly be divided into two sorts: one consists in Fits and Paroxysms, which however are transient, though they return after uncertain Intervals; and in this case, the Spirits are often incited and enraged to such a degree of Fury and Impetuosity, that they shake the whole Fabrick with enormous Convulsions, and are commonly, but improperly called Fits of the Mother, or Suffocations of the Matrice. The other sort is not so violent and frightful, but more constant, attended with inferior and milder Symptoms, but evidently Hysterick, that is, Strangulation of the Throat, aking, swimming, and lightness of the Head, Oppression and Inquietude of the Spirits, frequent Sighings, Trembling, and Palpitation of the Heart, convulsive Twitchings of the Muscles, jumping of the Tendons, and Catchings of the Limbs, with Pains and Suffusions of Heat, noisy Eructations of Wind from

the Stomach, Vomitings of sowre and bilious Humours, changed from yellow to a deep Green, by the Mixture of acid Juices: Add to these sometimes an immoderate Gaiety of Temper, which however is not lasting, and frequently a profuse Discharge of pale Urine like Rock-Water.

Of the METHOD *of* CURE.

I Come now to set down the Method of Cure, and shall first discourse of that which is proper in Hysterick Cases of the second sort, which never rise to the Height of terrible Paroxysms.

It must be observed, that since this Distemper agrees with that called Hypocondriacal, in all its essential Properties, the Method and Medicines, at least for the principal Part, that are proper and successful in the last, must likewise be accounted salutary in the first: Therefore Steel and its various Preparations, Chalybeate Waters, Opium, warm Purgatives, and vomitive Remedies, which are eminently useful in the Disease of the Spleen, must

must be very beneficial in Hysterick Affections.

But since the noxious Humours in other Distempers peculiar to the Female Sex, may sometimes irritate, and give them an Hysterick Turn, or may unite themselves to other Impurities in the Cells and Caverns of the Bowels, and with conjunctive Force produce these Spasmodick Disorders, it is reasonable to mingle with the Medicines before mentioned, others, whose Vertue has been experienced to be successful in reducing the disorderly Disposition of the Spirits, and restraining them from flying out in an unruly and tumultuous manner; and such are various Gums, as Assafætida, Galbanum, Oppopanax, Myrrh, Castor, Gum Ammoniac, *&c.*

Take of Myrrh, Assafætida, Galbanum, each a Drachm, of Castor a Drachm and half, of Salt of Amber two Scruples, and Saffron half a Drachm, make all into a Mass, with a sufficient quantity of Gum Ammoniac dissolved; take four Pills of moderate size every Morning and Afternoon, drinking after them a Draught of the Infusion of Penyroyal Leaves.

Or, *Take of Extract of Gentian a Drachm and half, of Salt of Amber*

half a Drachm, of Root of Virginian *Snakeweed a Drachm, Salt of Steel a a Drachm and half, with a quantity sufficient of Gum Ammoniac dissolved; form them into a Mass for Pills; make them of a moderate size, and let the Patient take four of them every Morning and Afternoon, drinking after them a Glass of Wine embittered by Root of Gentian.*

If the Form of an Electuary pleases better:

Take of Conserve of Roman *Wormwood ten Drachms, of Conserve of the Flowers of Rosemary six Drachms, of Cinnabar, of Antimony, and Trochisks of Myrrh, each two Drachms, of the Root of Zedoary and Contrayerva, each a Drachm, Seeds of Rhue half a Drachm, of the Salt of Steel or the Vitriol of it, or Steel prepared with Sulphur, or Tartar, two Drachms; make it an Electuary, with the Compound of the Syrup of Piony: take the quantity of a Chestnut every Morning and Afternoon, drinking after it the Infusion above named, or instead of it four Spoonfuls of the following Julep, which may be likewise given after the Pills prescribed.*

Take

Take of Milk Water and that of Black Cherries, each four Ounces; of Rue and Pennyroyal Water, each an Ounce; of compound Briony Water, three Ounces; of Spirit of Lavender, two Drachms. Sweeten the Mixture with Sugar for a Julep.

The Drops of Tincture of Steel, mentioned before, will likewise be useful when taken, as there directed, with Chalybeate or other Mineral Waters. These Waters may be likewise given after a Dose of the Pills or Electuary, every Morning and Afternoon, as above directed, for a Month. The *Bath* Waters and those of *Tunbridge* to be drunk on the Place, otherwise their volatile Virtue will much evaporate; tho' the first will be serviceable in a considerable degree, when taken at a Distance from the Spring. If a stronger Kind of Water, such as the *Spaw*, *Piermont*, *Tunbridge*, is unsuccessful, let those of a weaker Virtue be tried.

In this Case, violent Pains in the Head and Limbs often afflict the Patient, and sometimes an obstinate Wakefulness; but especially Disorders in the Abdomen, such as flatulent Distensions and cholical Sufferings, a restless and unquiet Dispo-

ſition of Spirits, Vomitings or Strainings to vomit, and ſometimes an obſtinate Looſeneſs. During the Continuance of any of theſe Symptoms, the Patient ought to forbear Steel Medicines and the Mineral Waters, as well as the Gum Pills, and have recourſe to the Uſe of Rhubarb and Opiates; which in theſe Caſes are ſo neceſſary, that there is little to be done without their Aſſiſtance. For this Malady being founded in the diſſipable Diſpoſition and convulſive Turn of the Spirits, Opiate Remedies are of admirable Service to reſtrain their Fury, pacify their ſeditious Diſcontents, and confirm their ſhatter'd Syſtem. But this I have treated on before in Hypocondriacal Caſes, and have ſhewn when and in what Quantity Opiates ſhould be taken; and have anſwered the common Objections brought againſt the Uſe of this moſt beneficial Remedy, if judiciouſly preſcribed, and not by Exceſs and great Familiarity made hurtful or inſignificant. I have laboured likewiſe in that place to remove the great Prejudices that many of the Female Sex lye under, in reſpect of quieting Medicines, who however need their Aſſiſtance moſt. And that it is from a groundleſs Prepoſſeſſion and imaginary Terror, that ſuch Perſons exclaim againſt

Opium

Opium is evident; for when they have taken it without their Knowledge, it has very often done its Duty, and removed the Complaints for which it was prescribed. It is true, that this excellent Medicine is attended with some Inconveniencies, both in Hypocondriacal and Hysterick Cases; for the next Morning the Patients are often troubled with a Lightness and Swimming in the Head, attended with a nauseous Disposition of the Stomach, like Sea-Sickness, and Aptness to reach and vomit: To avoid which, the Patient ought to continue in Bed some Hours longer than at other times; and to forbear, during the Morning at least, all Malt Liquors. However, this uneasy Consequence is not to be compared with the Benefit that the Patient receives from this powerful Drug. There are few Things so good, as not to admit some Mixture of Ill; but when the Superiority of the Convenience preponderates, and abundantly outweighs the Inconvenience, it should determine our Choice: Which is the Case before me, where great and almost intolerable Miseries are removed, and but small and transient Sufferings succeed in their place.

Gentle and warm purging Medicines should be sometimes interposed, to carry

off the collected Humours in the Stomach and Intestines; such as four Spoonfuls of *Elixir Salutis*, or of Tincture of the Species of *Hiera Picra*, or Rhubarb infused in Anniseed Water, or strong Mountain White-wine, either given alone, or mixed with twelve Drops of liquid *Laudanum*, especially in cholical Pains. The Night after purging, should be taken twenty, or twenty five Drops of *Laudanum* in any convenient Liquor.

In case of a Looseness before-mentioned, the Infusion of Rhubarb, or a Scruple of the Powder with half a Drachm of *Diascordium*, will be best taken at Night going to Bed; and the next Night two Scruples of *Diascordium*, and twenty or twenty-five Drops of *Laudanum*. These are to be given interchangeably for three Doses. Nor has the Hysterick Patient any Reason for her Aversion to take this pacifick Drug in short and difficult Breathing, for fear it should thicken the Humours in the Lungs, and by hindring their Expectoration increase the Oppression; for this is not the Case of Hysterick Persons, who struggle with Suffocation and laborious Breathing, not from Catarrhs, Defluxions, and a heavy Load of phlegmatick Humours in the Lungs, but from the Disability of the pectoral Muscles arising

arising from the Constriction of the Nerves, and inordinate Motions of the Spirits.

The Method of Cure I have hitherto laid down regards the Distemper as chronical, and not accompanied with violent Concussions, or Hysterick Suffocations; but it is likewise to be pursued when such Fits are gone off, as a Preservative against their Return: And now I shall mention what Method is to be used during such acute Paroxysms, that is, when the Regions of the Thorax and the Abdomen are affected with violent and terrible Convulsions, and the Limbs distracted with furious Agitations, till the Spirits being spent, they fall into a Swoon, or a low and lifeless State; when the Eyes are distorted, or roll in the Head; when the Patient bursts out alternately into involuntary weeping and laughing, or into absurd and incoherent Talk. The Means proper to relieve these violent Fits, (for as to those of a slight and lower Degree, the Patient left to her self will soon recover) are these that follow.

Letting Blood, especially in younger Women of a more florid and hail Complexion, is beneficial, as tending to compose the Fury and Orgasms of the Spirits, and by moderating the Velocity of their Flight,

Flight, and contracting their dissipated and too much expanded System. Sweet Odours do often much affect Hysterick Patients, insomuch that some of the fair Sex are unable to bear Linnen or Gloves in the least perfumed, or so much as the Smell of Flowers, not only of the Tuberose or Jonquil, but the Jessamin and Damask Rose, tho' at a considerable Distance. And therefore outward Remedies of a strong and fœtid Scent are frequently serviceable to the Patient, while admitted by the Nostrils, or rubbed on the Neck and Temples, they put the Spirits into contrary Motions to those excited by odoriferous Objects, which is to reduce them to a Regularity and healthful State. For this purpose, Spirit of Sal Armoniac prepared with quick Lime, Spirit of Hartshorn and its volatile Salt applied now and then to the Nostrils; as also little Knots that include *Sal Armoniac*, *Assafœtida*, *Galbanum*, Flowers of the Lilly of the Valley, *&c.* held to the Nose often, rouze the Spirits, and restore their Motion. But as to kindled Sulphur, burning Feathers, and smoking Linnen applied to the Nostrils, which the Nurses fly to in the first place; it must be owned, that the fœtid Particles are so much exalted in these Compositions, that when

let

let looſe by the Fire they ſtrike the Spirits with ſo much Violence, that they rather enrage them, than reduce their Diſorder; and it is certain, that as ſome Patients cannot bear theſe without hazard of Life; ſo others ſuffer as much under the Operation of exceſſive Quantities of ſtinking Oils; and even that of Amber, uſed upon theſe Occaſions, is for the ſame Reaſon often prejudicial. The drinking of a Glaſs of cold Water in the Fit has been often advantageous; but the Attempts of Friends and Relations by claſping faſt the convulſed Bodies of ſuch Patients, to reduce them by Force to their natural Poſture; and by holding their Limbs with Violence, to prevent the convulſive Agitations, is rather detrimental than uſeful. All that in this Caſe ought to be done, is to leave the Patient to her ſelf, and take care that the Motions of her Limbs be ſo managed, that ſhe does her ſelf no Injury. And for the ſame Reaſon I never direct ſtrict and painful Ligatures to compreſs and reſtrain the Body or Limbs with Violence, that the Orgaſm or Outrage of the Spirits by ſuch Conſtrictions may be compoſed; for while they are under the Power of ſuch ungovernable Agitations, and are furiouſly driven and ſcattered by the Impulſe and

and Stimulation of convulsive Principles, in this State of Distraction, they will by no means yield to a violent and direct Attack, nor be obedient to rough Methods: At this Season they are better led than driven, and will sooner submit to gentle, soothing Remedies, that persuade and sollicit Peace, and by degrees disarm them of their Fierceness, and bring them to a sedate Temper; and such are these that follow:

Take a Dose twice a-Day of the Gum Pills mentioned before, or the following Electuary.

Take of Conserve of the Flowers of Rosemary, ten Drachms; Conserve of the Leaves of Rue, six Drachms; of Trochisks of Myrrh, two Drachms; of Flowers of Sulphur, a Drachm and half; of the Powder of the Leaves of fœtid Orrice, two Drachms; of Syrup of the same, enough to make it an Electuary. Take the Quantity of a Chesnut twice or thrice a-Day, drinking after it of the Hysterick Julep before-mentioned four Spoonfuls, or a Draught of the Infusion of Pennyroyal Leaves.

During

During the Fit or Paroxyſm, Plaiſters of *Galbanum* and *Tacamahac* applied to the Feet, and to the Region of the Abdomen and *Aſſafœtida*, quilted in Linnen, and worn above the Knees, are uſeful; as they inſpire the Nerves with ſuch Emanations and Effluvia as are apt, like thoſe applied to the Noſe, or taken inwardly, to appeaſe the Elaſtick Efforts of the Spirits, controul their rapid Motions, and introduce Quiet and Tranquillity; a contrary Effect to that which ariſes from ſweet-ſmelling Flowers and Perfumes; though it muſt be acknowledged, that ſometimes in particular Conſtitutions odorous Drugs taken into the Stomach relieve the Patient; and therefore when the Remedies of an oppoſite Quality have been tried in vain, the Phyſician may have recourſe to theſe of a different Nature. For Example,

Take of Civet two Grains, Muſk five Grains, Saffron three Grains, Diaſcordium half a Drachm, with Syrup of Atriplex Olida; make it a Bolus, and take it twice or thrice a Day, drinking after it any convenient Liquor.

During the Fit, *rectified Spirit of Hartſhorn, Sal Volatile Oleoſum, Dr.* Goddard's *Drops, or a Spoonful or two of Hyſterick*

Hysterick or Compound Piony Water, diluted with Spring Water, are beneficial.

But the most prevalent Remedy, as operating directly and immediately on the convulsive Nature of this Distemper, is crude Opium, and the several Preparations of it. And it is observable, that in all the Recipes to be found in the Writings of eminent Physicians on this Subject, Opium is often one Ingredient of the Composition during the Paroxysm; and out of it, Opium or Steel are almost always a Part of the prescribed Remedies; which evidently shews that those Authors, who either from an Affectation of shewing their Fertility and extensive Knowledge of Pharmacy, or from a Desire to disguise their Prescriptions, by various Complications or fruitless or less effectual Medicines, thought they advanced the Dignity of Physick, by making it more pompous and full of Mystery, did however chiefly rely upon the Vertue of Quieting and Chalybeate Remedies; the first, during the Fit, to suppress its Insults, and both of them, when the Fit is over, as proper to mend the depraved Habit of Body, and prevent the Return of the Enemy. When,

and

and in what Proportion crude Opium, liquid *Laudanum*, and *Diacodium*, are to be prescribed, I have discoursed under the Head of Hypocondriacal Affections.

It is great Pity that Hypocondriacal and Hysterick Patients should, by unreasonable Prejudices, be defrauded of the great Benefit of this powerful Juice or Extract of the Poppy; which, as I have shewn before, when used with Caution and Judgment, does wonders, unaccompanied with any ill Consequences, but what are far inferior to the good Effects produced by their Operation. But it must be observed, that these quieting Medicines always succeed best after Evacuation; and therefore if the Patient is bound, it is requisite that a purgative Clyster should be administred, or an opening Remedy taken into the Stomach; such as twenty-five Grains *Pilul. Fætida*, or *Coch. Maj.* or *Pil. Ruffi*, or *Pil. Rudij*, or two Ounces of Infusion of *Hiera Picra*, or four or five Spoonfuls of Elixir *Salutis*: and it is necessary that at Night going to Bed after such Evacuations, the Patient should always take a quieting Medicine, to compose and allay the Disorders of the Spirits, too much agitated aud ruffled by the Instigation of purgative Medicines.

Of

SECT. III.

Of the CHOLICK, MELANCHOLY, *and* PALSY.

THese Diseases have great Affinity to Hypocondriacal and Hysterick Affections, of which I shall discourse in their Order, and explain their Natures, and mention the peculiar Properties by which they are discriminated from each other, and then set down the Method of their Cure.

Of the CHOLICK.

This Distemper derives its Appellation from the large, crooked, and unequal Intestine called the *Colon*, which it chiefly afflicts with convulsive Gripes and tormenting Pains, that propagated to the Stomach, create there grievous Sickness, accompanied with violent Reachings and frequent Vomitings. It is of two sorts, one is more acute, and of shorter continuance, which arises from a Redundancy of

of acrimonious Choler, that bites and irritates the nervous Fibres, and afflicts them with vehement Diſtentions or Contractions, and creates at the ſame time a feveriſh Diſorder in the Blood. The caſting up of much bitter, yellow Bile during the Paroxyſm, ſhews the Cauſe of this acute and unſufferable Malady, that is nearly allied to the Diſeaſe called *Cholera Morbus*; and ſeems to differ only in this, that a *Cholera Morbus* is of a ſhorter Duration, and is attended with a great Looſeneſs, as well as frequent Ejections upwards; whence it appears they have one common Cauſe, that is, an exorbitant Collection of bitter Choler in the Ventricle, and the Inteſtines, its Appendages; and they are both removed in a few Days by Evacuation, plentiful Dilution, and pacifick Remedies, judiciouſly adminiſtered, otherwiſe they ſoon produce an Inflammation of the Guts, ſucceeded by a fatal Mortification or Gangrene.

A nervous Cholick is the other ſort, which is not attended with a Fever, or at leaſt but in a low degree. This, from the painful Agitation of the Spirits, ſometimes happens to Patients that are not liable to Hypocondriacal Affections, but have however a weak Frame and

Texture of Nerves by Nature in the Parts affected, or at leaſt have contracted it by an irregular voluptuous Courſe of Life; by which they have depraved and relaxed the Tone of their Stomachs, impaired the healthful State of the Nerves, and filled their Bodies with degenerate and vitiated Humours.

But moſt commonly the Diſtempers vulgarly called the Spleen and Vapours, introduce this Complaint of the Cholick, as I have before explained, where I have given a Deſcription of their Nature and Production; but it muſt be obſerved, that Hyſterick Patients are more frequently troubled with it than Hypocondriacal; for their Nerves being of a finer and more delicate Thread, and their Spirits more fugitive and apt to loſe their Coherence than thoſe of Men, whoſe firmer Conſtitution enables them to make a greater Reſiſtance to the Impulſe and Inſtigation of ſowre and bitter Humours, it is no wonder they ſhould be more often afflicted with cholical Sufferings.

The Guts, vulgarly called the Bowels, ſeated in the Cavity of the Abdomen, are often liable to acute tormenting Pains, but chiefly the Colon, that, for its Amplitude and protracted Length, may be reckoned the principal Inteſtine; and ſometimes

thoſe of leſs Dimenſions and thinner Coats, eſpecially the Ileon, feel as great, if not greater Torture; whence the Iliack Paſſion has its Denomination, and the other ſmaller Guts in their turn are ſenſible of the ſame Calamity. But the Colon being the moſt eminent for Extent and Largeneſs, has by degrees ſo far encroached upon the reſt, as to give its Name to all the grievous Sufferings of the neighbouring Parts; ſo that now all great and extraordinary Pains in the Contents of the Abdomen, whether in the Meſentery, the Ileon, or other Inteſtines, are commonly without Diſcrimination called the Cholick; though before, they were juſtly diſtinguiſhed by the different Names of the Guts, which they chiefly affected.

While the winding Volumes of theſe hollow Tubes, laid and diſpoſed with admirable Art in the Cavity of the Belly, preſerve their native Order, Situation, and regular State, they perform their Functions with ſo great Quiet and Tranquillity in conveying to the lacteal Veſſels the nutritious Juices laboured and concocted in the Stomach, and in ſending downwards by their protruſive or periſtaltick Motion, and at length excluding the fæculent recrementitious Parts to which

the lacteal Veins deny Admiſſion, that we are not perceptive or conſcious of their Operations; but when they are diſturbed and interrupted in their Duty by incongruous and depraved Juices, we feel the ſad Effects of that in violent Diſtentions, or unſufferable Pains.

Now, taking the Cholick as a general comprehenſive Term, that ſignifies all theſe Sufferings in the Inteſtines and Meſentery, I ſhall treat of it, as I have above divided it into two ſorts; one is the bilious or accidental Cholick, produced by an exceſſive Collection of bitter, acrimonious Juices, mixed however with acid and auſtere in the Parts before mentioned; and the other that which ariſes from Spaſms and convulſive Motions of the Spirits, without ſuch a Load of bilious or ſowre Impurities, though not entirely free from them: and this Species is properly called habitual, nervous, hypocondriacal, hyſterick, and ſcorbutick; and it is frequently named the dry Gripes.

As to the firſt ſort, it proceeds, as ſaid, from a Fulneſs of Choler, mingled with other noxious, acid Humours, diſcharged from the Glands of the Guts and the Pancreas, that meeting in the Cavities of the Inteſtines, an immoderate Quantity of Bile iſſuing from the Ciſtern of the Gall, and

and by their Rencounter cauſe ſuch Ebullitions, and ſuch a Strife and Fermentation, as fill all the Ambages and ſerpentine Train of the Guts with Uproar and Diſtraction; and while the bilious and acid Particles prick and corrode the membranaceous Fibres, they enrage and impel the Spirits that reſide there to perform their periſtaltick Duty, into the utmoſt Confuſion and Diſorder, whence they take their Flights with the greateſt Precipitation; and by their Irregularity and Violence, create reſtleſs Perturbations, lacerating Pains, and unſufferable Torment; inſomuch that this fierce Commotion and Inſurrection in the animal Commonwealth threatens its Ruin and Deſtruction. Theſe impetuous Shocks and Concuſſions are owing to the Fury and Oeſtrus of the irritated Spirits inhabiting the nervous Branches, diſtributed from the Glands of the Meſentery to the Inteſtines of the Stomach; by the Mediation of which that Bowel is alſo affected and provoked to violent and repeated Vomitings.

The Torture of the Inteſtines is ſometimes ſo enormous, that in leſs than twenty Hours they are inflamed and fatally mortified, as well from the noxious Quality of the bilious and other Juices

exalted to the utmoſt pungent and corroſive Degree, as the native Debility and too great Tenderneſs of the Guts themſelves: But this Diſtemper is uſually protracted for ſeveral Days, and in that it differs from a *Cholera Morbus*, which attacks the Patient with great Fury, but ſoon conquers or draws off; ſeldom continuing above two Days and Nights. It is likewiſe diſtinguiſhed from that Diſeaſe, by its binding the Patient, and preventing the Excluſion of the excrementitious Leavings of the Chyle; for in the other Caſe the Patient is harraſſed continually, as well by copious Dejections, as great Sickneſs and vomiting. I have mentioned this Diſtemper, becauſe it ſo much reſembles the bilious Cholick that I have been deſcribing, which ariſes from the ſame Cauſes, and is attended with the ſame Effects, excepting the Inſtances before named; nor is there a great Difference in the Method of their Cure.

Sometimes the irritating and corroding Matter of the Diſeaſe is only ſtopped and retained by the convulſive Conſtriction of the Inteſtines, whence the Symptoms before enumerated have in a great meaſure their Origin. But when it rages in the moſt violent manner, the wreathing and ſpiral Motion of the Guts, that gently

ſhoves

ſhoves or protrudes the Recrements downward, is by the convulſive and diſtorting Force of the Spirits inflected and turned back upon it ſelf; and then the Contents of the Inteſtines are puſhed upwards to the Stomach, and exploded through the Mouth with great Violence. The Diſtemper in this furious State is called the Iliack Paſſion, or a Convolution and Twiſting of the Guts, as if they were ſtrictly complicated, involved and wound about one another; which is not ſo, but ſome Part only by the inverted Periſtaltick Motion recoils upon it ſelf, and is forced into the next ſuperior Cavity, as when the End of the Finger of a Glove is thruſt into the hollow of the Part immediately above it; and then it is very difficult by any Remedies to reduce the Inteſtines thus inwrapt contrary to their natural Situation, while the exceſſive Torment ſoon introduces an inflammatory State, and a conſequent Gangrene or Mortification. I now proceed to

The Method of Cure in the CHOLICK.

SInce this Diſeaſe takes its riſe from an exorbitant Collection of bitter, acrimonious, and ſowre Juices, as before explained,

plained, the Evacuation and Dilution of them are demanded in the first place.

Take plentiful and repeated Draughts of a light Infusion of Carduus Leaves, or Sage or Centaury Tops in Spring-Water; or take small Broth of Chicken or Veal, without Otmeal or Bread; or take copiously some purging Mineral Waters with which this Island abounds; such as those of Epsom, Dulwich, Northall, *&c. Either of these may be drunk to three or four Quarts, if they are ejected by vomiting, as they often are, and do not pass thro', otherwise two Quarts are enough.*

These Liquors are eminently beneficial, not only by their carrying off the impure and sharp Humours, that gaul and grieve the Stomach and Intestines; but likewise as they dilute and attemper those that remain behind, by which means their pungent and stimulating Force is abated: For, as suggested before, there is no peculiar Antidote or specifick Remedy yet known, that can subdue and extinguish Choler; and since that is the principal and predominant Humour that causes this Distemper, its exorbitant Power must be reduced and brought down by Dilution; as we see Gall or Spirit of Vitriol

lose

loſe their Force when poured into a Veſſel of Spring-Water, far ſuperior in Quantity; for the pungent and ſharp Particles being diſperſed and diffuſed thro' ſuch a diſproportionate Meaſure of inſipid Liquor, are weakened and enfeebled to that degree, that they are ſcarce perceptible to the Taſte.

If the Mineral Waters perform their Duty downwards, ſo that there is a plentiful Evacuation, let the Patient take at Night going to Bed, either a Grain of Opium, or twenty-five Drops of liquid *Laudanum* in any convenient Liquor. But if the Waters do not make their Paſſage thro', but are ejected by vomiting, the following Pills may be taken in the Evening, and likewiſe after Dilution by the *Cardnus* Water, or Broths.

Take of Pil ex duobus, two Scruples; of crude Opium, a Grain and half, going to Bed; and the Morning following, if they work by Nine a-Clock, drink freely of Chicken-Water, that is, ſmall Chicken Broth; but if they do not operate by that time, drink three or four Pints of purging Waters, or more, till they have their Effect; and the Night after drink the following Draught:

Take

Take of Barley, Cinnamon-water, or Milk-water, two Ounces, of compound Wormwood-water half an Ounce, of Opium diſſolved and ſtrained one Grain, of Syrup of Diacodium three Drachms, make it a Draught.

If the Patient be not relieved, nor the Symptoms diſappear, as they often do by this Method, let it be repeated once more; I mean the Pills at Night, and the compoſing Draught the Night following; and this way, though not from the Vertue of one ſimple Medicine, I have by long Experience found ſo ſucceſsful, that it may be reckoned almoſt ſure and ſpecifick. It is true, that ſometimes the Humours are ſo depraved and exalted to that malignant, and almoſt poiſonous Degree, that they will not yield to this generally efficacious Courſe: The Guts are ſo implicated and tied ſo faſt, that no means are able to unlock and looſen them, but a Mortification ſoon happens in the Inteſtines, and cuts off all Hopes. But then it muſt be conſidered, that this Method may notwithſtanding be called ſpecifick, ſince it may as generally be depended on as the two moſt celebrated Remedies, the Jeſuit's Powder and Opium; for the firſt is not of ſuch certain and univerſal Force

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as to conquer all Agues and intermitting Fevers, which are ſometimes ſo obſtinate, that they entirely elude the Vertue of that Medicine, and are ſubdued by Remedies of another Nature, and leſs Fame, as I have experienced; and as to Opium, though an admirable and moſt beneficial Medicine, when preſcribed with Judgment and due Caution, it is frequently ineffectual, and does not remove Pains, and procure Sleep, according to its uſual Succeſs; and more than this, in ſome Caſes, and ſome Perſons of a peculiar Conſtitution, this Remedy will, inſtead of calming, enrage and exaſperate the Pain; particularly in certain Women afflicted with the Cholick: and others likewiſe of each Sex are not only diſappointed of the Reſt and Sleep they expected from it, but by a reverſe Operation, are kept more wakeful; though ſometimes its genuine Effect is ſuſpended to the Night following, which makes amends for the Inquietude and want of Sleep the Night before; and though this Medicine is of all others the moſt powerful to ſtop a Diarrhœa, that is, a Flux of the Belly; yet ſometimes however, in Perſons of an uncommon Complexion, it will operate like purging Phyſick, and cauſe a Looſeneſs, which it generally reſtrains. And therefore the Me-

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thod I have ſet down for the Cure of the Cholick, which perhaps does as ſeldom fail of Succeſs as the Jeſuit's Bark or Opium, may be accounted a Method as certain and as ſpecifick, though not conſiſting of one Remedy, as either of thoſe moſt uſeful Drugs that are dignified by that Title; while by an oppoſite and controuling Vertue they either deſtroy the noxious Qualities of the Juices that feed the Diſtemper, and ſo become a Counterpoiſon to the particular Venom of the Diſeaſe; and at length balance and ſuſpend its Operations, or by copious Dilution take off its Force; by which the Rectitude, Peace and Harmony of the animal Adminiſtration is reſtored.

A *Cholera Morbus* has a great Affinity to a bilious Cholick, as was before ſuggeſted, and owes its Riſe, like that, to a redundant Quantity of Choler treaſured up in the Stomach and Inteſtines, from which Humours it takes its Denomination; and therefore both the one and the other are moſt common and rife in the autumnal Months that follow a ſultry Summer, whoſe immoderate Heat is apt to breed too much bitter and aduſt Bile: This Diſeaſe only differs from the other, in that it is of a ſhorter Duration, and accompanied with more Dejections downward,

ward, and more violent Ejections upwards. The Method of Cure is however little different; for Dilution, with ſmall Chicken-Broth in great Plenty, being firſt attempted, a Grain and half of Opium, or thirty Drops of liquid *Laudanum*, given in any proper Liquor at Night, and Dilution with the ſame Liquor repeated the next Morning, and the Night following the quieting Medicine, if the Symptoms do not ceaſe, is the true Method of Cure; but if the Vomitings and Looſeneſs are ſo violent, that the Patient grows faint and diſpirited, and appears much ſpent and beaten down, then, without any previous preparatory Evacuation or Dilution, the Opium or *Laudanum* muſt be given; and if the Medicine be preſently ejected, it muſt after an Hour be repeated, and ſo on, till it ſtays, and then not to be directed again, till the return of as violent Symptoms demands it; and when the Symptoms are mitigated, and the Stomach will bear it, gentle and repeated Purging by the Infuſion of Rhubarb and the Leaves of Senna will be very proper to carry off the noxious Humours.

The ſecond ſort of Cholick is what I called nervous, hypocondriacal, hyſterick, or ſcorbutick; and this Kind does not depend

pend upon a great Load of cholerick Juices, that bite, pinch, and provoke the Stomach and the Inteſtines, but upon any ſowre and auſtere Humours whatſoever, either in the Abdomen, or any other Receptacle, or Bowel, or glandulous Subſtance, that corrode the nervous Fibres, and by their Inſtigation diſcompoſe and diſperſe the animal Spirits reſiding there; which thus diſtracted and diſarrayed, enter the Coats of the Colon and Inteſtines, and rack them with convulſive Diſtortion and tormenting Pains, in the manner before deſcribed: nor is this ſort ſo often attended with a Looſeneſs as the other, and will with leſs Difficulty be removed. Hypocondriacal Men are obnoxious to theſe painful Diſtempers, but Hyſterick Women more; which in ſome of a very tender Complexion, or a broken Frame of Nerves, are very apt to return.

To ſubdue the furious Paroxyſms of this Malady, the ſame Method muſt be enjoined which I have above preſcribed for the bilious Cholick; but if they are not violent, two Ounces of Infuſion of *Hiera Picra*, or one Ounce of it mixed with one of Elixir *Salutis*, given going to Bed, mixed with twelve or fourteen Drops of liquid *Laudanum*, and a Grain of Opium given the Night following, will

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commonly be ſucceſsful; and ſometimes twenty or twenty-five Drops of *Laudanum*, without purging, taken in a cordial Liquor, will prevail, and ought to be as often repeated as occaſion requires: but if a purging Medicine be directed firſt, the quieting one muſt always be taken the Night following, which is almoſt a general Rule after that Evacuation. But to protect the Patient againſt the ſevere and frequent Returns of theſe torturing Pains in the Stomach and Colon, commonly called the Gripes or Belly-ake, the following Method is adviſeable, by which the relaxed Syſtem of the Nerves may be new braced and corroborated, and the too much expanded and fugitive Diſpoſition of the Spirits may be contracted and drawn cloſer together, that ſo they may be able to reſiſt the Irritation of acid and auſtere Particles, that like minute and pointed Goads or Lancets incite, enrage, and impell them into convulſive Contractions.

The Medicines preſcribed for this purpoſe are numerous; but all that are of any Merit or Importance, are Steel, Chalybeate Waters and Opiates; and I have before ſet down how and in what Proportion theſe Remedies ſhould be preſcribed. And during this preſervative Courſe, I have

have found by repeated Experience, when Vapours and conflicting Winds, encloſed in the Stomach and Inteſtines, murmur and ſhake the Abdomen, but do not yet ariſe to a raging Storm, that four or five Spoonfuls of good Uſquebaugh, of which a double Quantity is beneficial for the Gout in the Stomach, has, more than other cordial Liquors, compoſed the growing Diſorder, and relieved the Sufferers: But Patients ſhould be admoniſhed not to make this a familiar Cuſtom; nor when they have recourſe to it, ſhould they take above two Doſes to eaſe the Gripes; for if two will not prevail, they muſt take the Method above ſet down for the Cure of a cholical Paroxyſm.

For if Patients indulge themſelves without Caution or Reſtraint, upon every Uneaſineſs in the Stomach and its Appendages, in the uſe of that generous Remedy, or of *Cologn* or *Holland* Juniper-Water, which is next to it in Vertue, or any Infuſions or diſtilled Liquors, that conſiſt of ſeveral active, ſpicy, and fiery Ingredients, which are commonly ſold in Shops under the Name of Gripe-Waters, the Conſequence will be dangerous; for by degrees they will ſubvert the Appetite, and deprave the digeſtive Faculty of the Stomach, fill the Liver with ſchirrous Tumours,

mours, or obſtruct the Lungs with pernicious Knobs and Kernels.

Thus I have explained the Nature, and mentioned the Method of Cure of each ſort of the Cholick, the bilious and nervous; but after all, if it be attentively conſidered, that they both conſiſt in the irregular and violent Motions of the animal Spirits, and the convulſive Gripes and Diſtenſion of the Inteſtines; which Perturbations are effected in the firſt by the Incitement and Exagitation of bitter and acrimonious Juices, mixed with an inferior Portion of auſtere and eager, which in the laſt are as predominant as the cholerick Humours are in the firſt; if we reflect likewiſe that the Medicines and Method of Cure acknowledged as moſt prevalent in the one and the other, are almoſt the ſame, it may be difficult to determine whether they are two, or but one and the ſame Diſeaſe, with no greater Variation than accompanies a Fever that prevails this Autumn, and that which reigned two or three Years before; which is not another, but the ſame Diſtemper, appearing in another Shape, and under a Diverſity of Symptoms; and therefore theſe two Cholicks differ chiefly, if not only, in Duration, as a Fever of forty Days, from one that ends in a Day or two.

This nervous Cholick rages in the most violent manner in the *American Indies*, at least in his Majesty's Dominions there, where, by the Contraction of the Fibres of the inferior Intestines, the Patients are so strictly bound, that the strongest Medicines often repeated will with much-ado open the Passages; and after it has grievously afflicted the Patient for many Weeks, by a sudden Translation of the Matter of the Disease from the Abdomen to the outward Parts, it will introduce a partial Palsy, and then the Cholick Symptoms disappear. Many of these arrive in *England* from *Jamaica*, *Barbadoes*, and other Plantations, to be cured of this grievous Disease, which they call the dry Belly-ake, and if I remember right, the *Yaws* or *Yawles*; and by the use of Steel Medicines, Chalybeate, or *Bath*-Waters, they are generally restored, at least in a good measure, to their former Health.

To recapitulate what I have said of the Nature of the Cholick in each Kind; if indeed they are distinct Diseases, and not the same as to all their essential Properties, the same Hypothesis accounts for the grievous, bilious, and the nervous or hysterick Cholick, that is, a delicate Texture of Nerves, and volatile and tender Constitution of Spirits, apt to receive convul-

convulsive Impressions from incongruous extimulating Juices lodged in the Intestines, or in the Cells and secret Repositories of any other Parts, whether in the Hypocondria, in the Places beneath or above the umbilical Region, and especially in the Mesentery, whose complicated Fibres and Clues of nervous Threads diffuse so many sensible Branches through almost all the Bowels and Contents of the Abdomen. These purgent, austere, acid and bitter Humours, vellicate, bite, and as it were wound the Membranes of the Intestines, sometimes in one part of the Belly, and sometimes in another; by which the Spirits are provoked, and become tumultuous, till the growing Tempest spreads; and rolling on through the Folds and winding Labyrinths of the Guts, afflicts and disturbs their Coats with insufferable Twinges and convulsive Gripes: and though the bilious Cholick is generally distinguished from the hysterick, as before mentioned; yet why the last, which will sometimes continue whole Months together, with a daily and copious Ejection by the Mouth of porraceous Fluids, called so from resembling the Juice of Leeks, which is nothing else but Gall, or yellow Choler turned green, by the Mixture of some Acid; why, I say,

this Cholick, accompanied with such a prodigious Evacuation of Bile, should not be reputed bilious, I acknowledge I cannot conceive. Thus, as to their Nature or essential Properties, all Cholicks, as well of one Denomination as another, are Distempers of the convulsive Kind, and produced in the same Manner, and by the same Causes as Hypocondriacal and Hysterick Affections; and the Method of Cure, with little Variation, is alike, as well for removal of their violent Paroxysms, as for restoring the Firmness of the Spirits and relaxed Tone of the nervous Fibres, which is the surest Preservative against the Return; that is, Medicines of Steel, Chalybeate Waters, and Opium by its self, or in its various Preparations: And hence appears the great Similitude and Affinity between the Cholick, and Hypocondriacal and Hysterick Passions; and indeed the nervous Cholicks that are apt to return so often, seem rather, as I have said, a Symptom of that Disease, than one of a distinct Species.

The Relaxation and immoderate Wideness of the glandulous Kind, diffused through the whole human Fabrick, as well by letting pass an excessive Quantity of the Juices, which it was their Duty to have separated from the Blood in a certain

tain measure, as well as many other incongruous Fluids, which should not have been admitted, that afterwards provoke the Nerves, and exasperate the Spirits; by which they occasion great Distension of the Parts, or Spasms and painful convulsive Contractions, may justly, as I have shewn before, be allowed to be the genuine, universal, and adequate Cause of the Cholick, as well as Hypocondriacal and Hysterick Affections: And this will still be more confirmed, if we consider that the celebrated Medicines which I have named above, for their great Usefulness in these Distempers, are those that have in a good measure an astringent Quality; such as Steel, or the Salt of it, either by itself, or dissolved by Nature or Art in Spring-water, which contract and draw closer together the loose Orifices and Inlets of the Glands, and so recover their natural Tone and due Dimension; while Opium, the most effectual Astringent and Bridle of the Spirits, restrains their violent and inordinate Excursions, and reduces them to a sedate and composed State, fit for the regular Execution of their several Offices; by which means the Spring of cholical, as well as other nervous, convulsive Sufferings in the Stomach and Intestines, is cut off.

The Method I have laid down for the Cure of this Diſtemper, I acknowledge is plain and ſimple, unattended with Pomp and an endleſs Luxury of complicated Remedies, which rather diſtract and confound, than inſtruct the young Phyſician, while many unneceſſary, and perhaps ſome hurtful Preſcriptions, are mingled with the few that are beneficial; for inſtance, the numerous Forms of Clyſters preſcribed when the cholical Pains afflict the Abdomen above the Navel, and rage in the Ileon, the Hypocondria, and the Colon, are fruitleſs and unavailing; for while the periſtaltick Motion is inverted, and the Stomach greatly affected, purging or opening Injections, not reaching the Parts affected, muſt, if they have any Operation, promote the irregular and inflected Motion of the Spirits, and make all things regurgitate and tend more upward, and ſo contribute to greater Pain and more violent Vomitings. And as I have felt this my ſelf by ſeveral Trials, ſo I have often obſerved the ſame Event in others; and therefore I have long ſince laid aſide the uſe of Clyſters in the Cholick, though I know it has been a conſtant and eſtabliſh'd Cuſtom to preſcribe them in the firſt place in this Diſeaſe: and were they not hurtful, as I believe they are,

are, for the Reaſons I have alledged; yet they are impertinent and needleſs, inaſmuch as the Diſeaſe, by the Method before mentioned, is effectually conquered without them, and they only take up the Time which ſhould be employed in attacking the Diſeaſe directly, and therefore with more Succeſs. The Medicines that triumph over the furious Inſults of the Cholick, when the Guts are rolled upward, and often entangled and contorted, muſt be ſuch as, when taken into the Stomach, have Power to controul and reſtore the inverted Motion of the convulſed Inteſtines; and by forcing a Paſſage through, to recover their protruſive and vermicular Progreſſion, which the Service of Nature neceſſarily requires. And that this may the more effectually be brought about, the opiate Medicines preſcribed are mingled in a good Proportion with a quick purging Ingredient, to appeaſe and quiet the Spirits, and ſtill their convulſive Agitations for a time, that the Remedy may not preſently be ejected; and that after the Opiate has made Nature more calm and eaſy, the purging Ingredient may exert its Force, and penetrate through the obſtructed and implexed Inteſtines, by which means their natural Order may be retrieved. But if it happens, as it ſome-

times does, that the Pills above-mentioned, consisting of one purging and one quieting Remedy, should presently return by vomiting, let another Dose be given an Hour after; and if that likewise should be ejected, then let the Opium be given alone, and three or four Hours after let the purging Pills be given alone, and then they will generally stay and produce a good Effect, as I have often experienced.

But if this Method, duly followed, as above directed, should prove ineffectual, and the crucifying Pains and Vomitings continue without a Passage made downwards, the Patient must fly to purging Mineral Waters, as his last Refuge; which, notwithstanding they return, must be repeated and drank on till they have made their way; and after they have done their Duty, and wrought sufficiently, then a Grain of Opium, and eight or ten Drops of liquid *Laudanum* may be prescribed; and sooner, if the Patient should be much sunk and dispirited.

And notwithstanding attempering Liquors ingested, should return presently by vomiting, as not able soon to make their way, yet they should be continued for several Hours; for in obstinate Cases, where there is no Passage downwards through the Roads and winding Meanders of the

Inteſtines, by reaſon of the convulſive Graſps that invert or ſtrain and draw them cloſe together, I have known that by drinking Mineral purging Waters for half a Day together, even to three or four Gallons, the obſtructed Paſſes have at length been opened, and the Patient delivered from a ſtubborn Diſeaſe, that ſeemed deplorable: but this Method is to be followed when things are come to Extremity, and other Remedies which uſe to prevail, prove ineffectual.

Of MELANCHOLY.

THIS Diſeaſe is ſo nearly related to the Spleen, that it is called by ſome Hypocondriack Melancholy; and if in its diſtinct and abſtract Idea it ſo reſembles that Diſtemper, then while they are complicated in equal or unequal Proportions, the Similitude between them will be more conſpicuous, by the inſeparable Properties belonging to each.

The eſſential Notion of Melancholy conſiſts in a weak, poor, and degenerate Conſtitution or Temperament of the animal Spirits, by which they are unable to expedite their reciprocal Flights to and from the Brain with due Vigour and Velocity; and while they are thus depraved and uncapable of darting, like Rays of Light, through the Roads of the Nerves, they become unfit Miniſters of Motion and ſenſitive Perception, and cannot perform their Duty in regular Order either abroad or within the Brain.

The Cauſe of this Debility and low impoveriſhed State of the Spirits, can be no

no other than the want of rich and generous Qualities in the Blood, from which they are ſeparated, and as it were diſtilled by the Brain; for as flat and palled Liquors, whoſe Strength is evaporated, or which are mixed and diluted with too great a Proportion of inſipid Fluids, cannot afford by Diſtillation a great Plenty of refined and exalted Spirits; in like manner a poor, lifeleſs, and unanimated Maſs of Blood, ſunk below Nature's Standard, for want of a ſufficient Proportion of operative and generous Principles, can never communicate to the Head a wealthy Store of bright and elevated Spirits: ſo that the remote and antecedent genuine Cauſe of Melancholy muſt be charged on the low and depreſſed Condition of the Maſs of Blood, inclined to Acidity, which was either in the original Formation of the *Stamina Vitæ* or Principles of Life, or was afterwards the Effect of various contingent Cauſes.

The Symptoms of this Diſeaſe are numerous, that either affect the Organs of the Body, or the Exerciſe of the intellectual Faculties. In the Brain it is accompanied with great Diſturbance of the Imagination and Fancy, a continued and uninterrupted Flux or Train of Thoughts fixed upon one ſad Object, from which the

the Patient is unable to call them off, and transfer them to another; and therefore this is not what is called Contemplation, Study, or Deliberation, but unguided and reſtleſs Muſing; and the Difference between them is this, that when a Man ſtudies or meditates, he commands his Faculty of Thinking, and turns it from one thing to another; but in Muſing a Man is governed by his own Thoughts, and unable to reſtrain or divert them to other Matters, but they are obſtinately employed in poreing on and revolving the ſame Images, ſometimes in a more regular, and ſometimes in a diſorderly and incoherent Train, which return and are preſented to the Imagination in a conſtant Rotation, like the Pictures painted on Cloth or Paper, and turned round by a Wheel, which Strollers carry as Shows from Town to Town, and expoſe for the Entertainment and Diverſion of the meaner People. But it muſt be obſerved, that all the Images formed by a melancholy Imagination, are ſad, dark, and frightful; while gay and delightful Objects are always ſhut out, or very ſeldom admitted to the Fancy and lighter Faculties of the Mind; for in regard to ſuch Ideas, the Mind is under a total and laſting Eclipſe.

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By this, Melancholy is distinguished from Hypocondriack Affections; for Patients obnoxious to the last Distemper, though sometimes sad and pensive, yet have frequent lucid Intervals; and are not only in a chearful, facetious, and pleasant Humour, but are often carried on to so profuse a Pitch of Mirth and Gaiety, that by their too great Waste and Expence of Spirits, they soon after sink to a low, dull, and uncomfortable Temper. They differ likewise in this, that Hypocondriack Persons, though sometimes for a Season they are unfit for intense Studies, Contemplation or Business, while the Exercise of their Reason and Imagination is disabled and suspended, during some odd and whimsical Circumstances, when they start aside, and deviate from their usual regular Way of Thinking; yet for the most part, when their Disease is abstracted from all Complications of a melancholy Disposition, they discover great Abilities and Endowments of Mind; as a moderate Degree of the Gout, when free from all Conjunction of other Infirmities and Diseases, is often accompanied with superior Understanding, and a great Measure of Bodily Health. So if the Spleen is taken with the Limitations I have mentioned, one would not wish

wiſh to be deliver'd from this any more than from the other, ſince the Benefits ariſing from them over-balance all the Sufferings and Inconveniencies that attend them.

As the Thoughts of melancholy Perſons uſually dwell upon ſad and gloomy Objects, ſo they generally pore and muſe upon ſuch as have been the ordinary Entertainment of their Minds before they fell into this diſtempered State; and therefore when the Imaginations of religious Perſons receive a melancholy Turn, they are always taken up about the important Affairs that concern the Performance of their Duty here, and their Happineſs hereafter; hence their Diffidence, Scruples and Fears concerning the Sincerity of their Faith and Repentance, and their everlaſting State, are by their Diſtemper increaſed, even ſometimes to ſo deep a Deſpondence and Self-condemnation, as borders on Deſpair. This the Atheiſt, Infidel, and looſe Libertine, fooliſhly call ſuperſtitious Madneſs; and then offering Violence to Reaſon, and indulging a petulant, flagitious Humour, they reproach Religion as the Cauſe of this Effect, treating the Perſons that profeſs and practiſe it, in Raillery and Ridicule: hence all pious and devout Men are by ſuch accounted

counted only Hypocondriacal Enthuſiaſts, or whimſical Viſionaries. But let theſe Contemners of Heaven, who are fond of all Occaſions of bringing Diſhonour and Contempt upon Religion, reflect, that as many Men expreſs Zeal for Piety and Vertue, who however are entirely delivered from the Symptoms of this Diſeaſe, and have not in their Conſtitutions the leaſt Infuſion of Spleen and Vapours; ſo in Multitudes that fall under the Dominion of Melancholy, the Diſtemper does not always operate in this manner, nor turn their Thoughts and anxious Cares to religious Objects: but this chiefly, if not only, happens when the Patient, ſeized with theſe Diſorders, was accuſtomed to divine Thoughts and ſpiritual Ideas before; and then it is but natural that a diſturbed Imagination ſhould chiefly entertain ſuch Images, as were before well known, and had been long familiar to the Mind. And this falls out in almoſt all Inſtances of great Melancholy (while the unhappy Sufferers are more to be pitied than derided and expoſed) and the Patients themſelves and their Relations ſhould be convinced, that ſuch religious Melancholy is as much a bodily Diſeaſe, as any of another Claſs and a different Nature; and they

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muſt more depend upon the Art of the Phyſician, and the Force of Medicine, than the Skill and Reaſonings of the Caſuiſt, for their Recovery: for ſo fluctuating and unſtable are their Minds, that though at this time they ſeem ſedate and calm, yet in a few Hours the Clouds gather again; the Brain is overcaſt with Darkneſs, and the ſame Anxiety, Scruples, Fears and Terrors return, and repoſſeſs the Mind. But perhaps I have purſued this Subject too far, though the Nature and Deſign of this Diſcourſe led me to it.

This continual muſing and turning of the Thoughts upon a Series of ſad and afflictive Objects, as well as the lubricous, inconſtant, and changeable Diſpoſition of theſe Perſons, muſt be accounted for from the continual Rotation of their reſtleſs and unquiet Spirits; which though poor and weak, are ſtill in a Hurry and perpetual Motion, though that Motion is confined to a narrow Compaſs. And as the Reaſon and Judgment of melancholy Perſons are much ſubverted and diſabled, who are not receptive of the Force and Light of the cleareſt and moſt convincing Arguments againſt their pre-conceived Opinions, but with an inflexible Obſtinacy hold faſt their erroneous Concluſions;

or

or if they yield them up one Hour, yet resume them the next, and continually relapse into their former way of Thinking; so their Imagination is much injured and disturbed: and as I have said before, the Scenes they form and represent, are all mournful and uncomfortable, composed only of severe, sullen, and unpleasant Figures. Besides, it is observable to all, that they often entertain the most idle, absurd, and ridiculous Fancies; one believes he is unable to move Hand or Foot, and lies as if deprived of all Motive Power; another thinks his Nose is swollen to a prodigious Dimension; and though at great Distance, he believes it reaches to the Door, and hinders others from entering the Room. One Man has living Frogs in his Stomach, which he perceives, as he thinks, from their crawling and croaking there; another is as much disturbed with a Brood of young Chickens in his Belly, which he is persuaded are really there, by an Opinion that he hears their peculiar Noise, and feels their Motions. Some will by no means be convinced, but that they are entirely formed of Glass, and that by the next Knock or Jog on any solid Objects, they shall break all to pieces; while others are as much concerned to avoid

coming near the Fire, for fear of being melted, being fully assured that they are made of Butter. One has believed himself to be Millet-Seed, another a Goose, or a Goose-Pye. And once a Man filled with Strong Drink, feared to render it by Urine, lest he should drown the World by a Deluge. And several Examples there have been of melancholy Persons, who have believed themselves to be actually dying, and imagined they were cold half way the Body; and of others, that took themselves to be really dead, and desired to be laid out, in order to their Funerals: and many of these incredible Examples of Melancholy I have my self seen, and the others are related by credible Authors.

But the History of these fanciful Persons is various and endless; and there is scarce any thing so extravagant and ridiculous, even to the greatest Admiration, that may not be found among the various Classes of these everlasting, but absurd and impertinent Thinkers, whose animal Spirits, vitiated and perverted, become unapt Instruments for the Operations of the Mind and Imagination.

As a melancholy Constitution of the Spirits is fruitful of a surprizing and copious Diversity of odd and ridiculous Phan-

Phantasms, and fills the Imagination with a thousand uncouth Figures, monstrous Appearances, and troublesome Illusions; so it is no less fertile in producing disquieting and restless Passions, while they affect the Heart with Anxiety, Sadness, Fear and Terror; which Perturbations, no less than those of the Mind and Imagination, seem the inseparable and distinguishing Concomitants of this Distemper: for notwithstanding in some very few brighter Seasons, when the dark and melancholy Clouds that overcast the Brain, are dispersed, these Patients may break out into short, extraordinary Fits of Mirth and Alacrity; however this seldom happens, and then too when there is a Mixture and Complication of a Hypocondriack or Hysterick Temperament with that, which is properly Melancholy; as when these Patients, through great Despondency and unsufferable Inquietude, discover Marks of a Design upon their own Lives, their Distemper exceeds its proper Nature and Extent, and has contracted a Degree of Lunacy. And indeed the Limits and Partitions that bound and discriminate the highest Hypocondriack and Hysterick Disorders, and Melancholy, Lunacy, and Phrenzy, are so nice, that it is not easy to distin-

guiſh them, and ſet the Boundaries where one ends, and the other begins: however, continual Thoughtfulneſs upon the ſame Set of Objects always returning to the Mind, accompanied with the Paſſions of Sadneſs, Dejection, and Fear, ſeems to be the genuine and diſcriminating Idea of proper Melancholy.

Now this Aſſertion, that a previous poor, and vappid Diſpoſition of Blood, that cannot afford by the Mediation of the Strainers of the Brain a ſufficient Stock of generous and volatile Spirits, is the antecedent Cauſe of this Diſeaſe, is likewiſe confirmed by this Obſervation, that the moſt ſucceſsful Remedies in this caſe, are thoſe that animate and invigorate the Maſs of Blood, and inſpire it with new enlivening Ferments; by which means the ſuperior, active Principles are more exalted, and the paſſive prevented from being diſproportioned and predominant; whence a greater Plenty of bright, ſwift, and vigorous Spirits, are imparted to the Brain, ſuch as are capable of being proper Servants of the Mind, and ſuitable Inſtruments of the animal Powers; whence they are enabled to perform their Operations in a regular manner: and theſe are chiefly Steel by it ſelf, or variouſly prepared by Art, or diſſolved by Nature in Waters

Waters iſſuing from Springs and Fountains; though other auxiliary Remedies may be taken in and joined with them, to ſtrengthen them and increaſe their Force. If, as it often happens, theſe Diſeaſes, founded in a diſorderly and defective Conſtitution of the Nerves and Spirits, are blended with the Principles of one or more of the other Diſtempers before named, and accordingly participate of their Properties, and have various Symptoms in common with them; then it is a mixed and complicated Caſe, though the Denomination is given to the ſuperior and predominant Power. Thus, as Hypocondriack or Hyſterick Perſons have often an Adheſion or Tincture of proper Melancholy, and ſometimes of Diſtraction, and ſometimes of both, and the Effects of theſe Mixtures are evidently diſcerned in them; ſo melancholy Patients are often diverſified from one another, by a ſubordinate Meaſure of Lunacy, or the Spleen and Vapours combined with their original Principles. And true it is, there is often ſuch an Abſence of Mind, ſuch Excurſions and Starts from right Reaſon, and ſuch an abſurd, incoherent, and ridiculous Train of Thoughts and Actions, diſcernible in Men afflicted with this Diſeaſe, that all high Degrees of it ſeem to

have more than a Touch of Lunacy adhering to it; and it is notorious, that many celebrated Men of Wit, that derive their ſuperior Genius from an Hypocondriacal Conſtitution, have ſometimes Spirits elevated to a degree above the Standard of ſober and uninfected Reaſon; whence proceeds that known Expreſſion, *nullum magnum Ingenium ſine mixtura dementiæ*; for the bright and active Diſpoſition of animal Spirits, requiſite to refined and elevated Parts, borders ſo cloſe upon the Dominions of Lunacy, that an Excurſion or Tranſition from the firſt to the laſt is by no means difficult, ſince one Heat of the Brain more, might have beat down the Incloſures, and laid their Territories in common, as before obſerved.

Of the METHOD *of* CURE.

OPening of a Vein is seldom to be prescribed to these Patients, whose Distemper proceeds from a low and impoverished State of Blood and animal Spirits; for that will be a means not to raise and enliven, but to enfeeble and sink them by a hurtful Expence.

Vomitive Remedies are generally useful, not only as they empty the Stomach and its Appendages, and carry off their noxious Crudities; but likewise by a strong Concussion, they compel the Glands of the Stomach, the Intestines, and other Organs in the Abdomen, to discharge the peccant Juices that harbour there; and by this means open and unlock their Obstructions, whence they execute their Office as the Oeconomy of Nature requires; but vomitive Remedies are yet farther beneficial, inasmuch as they agitate the Spirits, and by a Counter-motion, give another Turn to their Rotation in one constant Tract; and by that means occasion Diversity of Ideas, and strike out other Roads and ways of Thinking.

Take of Milk-water two Ounces, of Infusion of Crocus Metallorum six Drachms, Oxymel of Squills an Ounce; mix it for a Vomit: aad to facilitate its Operation, drink a good quantity of Posset-drink, or of the Infusion of Carduus Leaves in Spring-water boiling-hot; and at Night take the following Draught:

Take of Milk-water two Ounces, two Scruples of Diascordium, half a Drachm of Gascoign's *Powder, and three Drachms of the strongest Cinnamon-water.*

Or, *Take of the vomitive* Indian *Root half a Drachm, of Tartarum Emeticum two or three Grains, of Milk-water three Ounces; mix them, and take the Mixture in the Morning or Evening, drinking after it in half an Hour, if it does not operate before, the diluting Liquors before mentioned, or others of the like Nature. When the Operation is past, the Patient may be refreshed with a Cup or two of Red Wine mulled or burnt; and at Night going to Bed, take the Draught before prescribed.*

Either

Either of these Vomits that best agrees, and best performs its Duty, may be repeated frequently, if they prove beneficial; and the Quantity must be increased, if the first is not strong enough.

As to alterative and correcting Medicines to restore the due Crasis and Temperament of the Blood, I have named the principal before, that is, Steel and Chalybeate Waters. I have above shewn, that as to its antecedent Cause, this Distemper arises from a Constitution of the Mass of Blood tending to Acidity, and grown poor and degenerated from such a Richness and Abundance of active and volatile Principles, as admitted into the Brain, and there refined and exalted, might afford a sufficient Plenty of Spirits, not only to be employed by the Mind and Imagination, but likewise to be sent abroad as suitable Messengers in the Service of the animal Government; being capable of flying swiftly through the minute Passages of the Nerves, and returning, when they have dispatched their Errands, with equal Celerity to the Brain. And therefore to raise, invigorate, and enrich the Mass of Blood, dispirited and fallen to decay, the Medicines I have named are to be used, as those that chiefly procure this End; not that they are all to be taken at a time.

Take

Take of Mynſicth's *Tincture of Mars twenty Drops in a Draught of White-wine, mixed with Spring-water or Milk-water, or any other convenient Liquor, every Morning, and about Five in the Afternoon, for a Fortnight.*

Then take of Chalybeate Wine a Spoonful and a half or two Spoonfuls in the ſame Liquors, or in a Draught of Chalybeate Mineral Waters in the ſame manner; or take the following Preſcription.

Take of the Tops of Roman Wormwood, of Leaves of Germander, each a Pugil, or Root of Gentian and Virginian Snakeweed, each a Drachm; of Seeds of Coriander and Rhue each a Drachm and half; infuſe them all in a ſufficient quantity of boiling Water, and add to it, when ſtrained, half a Pint of Chalybeate Wine, and two Drachms of Mynſicth's *Tincture of Mars; take of it ſix or ſeven Spoonfuls every Morning, and about Five in the Afternoon, for a Month.*

Or, *Take of the Conſerve of Roman Wormwood and the Pulp of candied Citron Peel, or the Conſerve of Orange Peel, each an Ounce; of candied Nutmegs a Drachm and half, of Virginian Snake-*

Snakeweed a Drachm, of Salt of Wormwood a Drachm and half, of Steel prepared with Sulphur or Tartar, two Drachms, of Syrup of Compound Piony, or Clove Gilliflowers, as much as will make an Electuary; take the quantity of a Cheſtnut each Morning and Afternoon, drinking after it a Cup or two of Sage-Tea, for a Month.

As to Chalybeate Mineral Waters, let them be taken as above directed in the Method of Cure in Hypocondriacal Affections; and it will be very proper to take in the firſt Glaſs in the Morning, and in that in the Afternoon twenty of the Steel Drops; or let ſix or ſeven Spoonfulls of the Chalybeate Tincture be drunk firſt in the Morning, and after it take a Glaſs of *Spaw* or *Tunbridge*, or other Steel Waters; and interpoſing half an Hour between each Draught, two or three Glaſſes more, and repeat the Tincture in the Afternoon, drinking only one Glaſs after it: and in the ſame manner the Chalybeate Waters may be drunk after a Doſe of the Electuary before preſcribed; and if the Patient cannot take Medicines in that Form, let them be adminiſtred in the Form of Pills; as thus:

Take

Take of Myrrh, Extract of Gentian, each a Drachm and half; of Castor a Drachm, of Saffron and Seeds of Rhue each half a Drachm, of Steel prepared with Tartar, and the Salt of Steel, each a Drachm; make it into Pills with the Mucilage of Gum Tragacanth, or the Balsamick Syrup; take four Pills each Morning, and as many in the Afternoon, drinking the Steel Waters after them.

Yet it must be acknowledged, that in many Cases of this kind the Steel unprepared, and only ground to a fine Powder, with Sugar-Candy, is more prevalent and effectual, than when the Body of it is opened by Art.

If the Patient, during the use of these Medicines, is too much bound, let him take going to-Bed *twenty-five Grains of Pilul. Stom. cum Gum. or Pil. Ruffi, omitting the other Medicines the next Day.*

Vomitive Remedies are the most efficacious in this Distemper, as suggested before, and should be often repeated after due Intervals, and the Dose increased according

cording to the degree of Operation, beginning low. And Purgatives are likewiſe beneficial, nor do I think that ſuch are to be preferred before others, that have a Reputation, but without Cauſe, of being Alteratives and Correctors of melancholy Humours, as well as Purges: for it is abſurd to range ſuch Remedies, which preſently work off, among thoſe called ſpecifick. Nor is there any elective Power in ſuch evacuating Medicines, to ſingle out and faſten upon any one Juice more than another; ſince they can do nothing, but by ſtimulating the Stomach and Inteſtines, oblige them to diſcharge promiſcuouſly their Contents: And therefore I diſregard the numerous operoſe Forms of purging Medicines relating to this Diſeaſe, that fill the Pages of many laborious Syſtematical Writers of Phyſick, and ſhall only mention two Recipes.

Take of Leaves of Senna three Drachms, of Tamarinds an Ounce; boil them in Spring-water to three Ounces, ſtrain it, and add of Manna half an Ounce, Syrup of Buckthorn an Ounce, of Compound Piony or Hyſterick Water three Drachms; make a Draught, to be taken early in the Morning; and at Night after its Operation, take two Scruples

Scruples of Venice-Treacle going to Bed. When this is repeated, as now and then it ought to be, let the Doſe be increaſed or leſſened according to the degree of its Operation, ſo that it may move the Patient about eight or nine times.

Or, *Take of Pilul. Coch. Maj. twenty-five Grains, of Calomel fifteen Grains, of Reſin of Jalap ſeven or eight Grains, with Gum Ammoniac diſſolved; make four Pills, to be given in the Morning with due Government; and at Night going to-Bed take the ſame Proportion of Venice-Treacle before mentioned, and when the Pills are repeated, augment the Doſe, if the former ſhould be defective in its Duty.*

Copious eating of good Apples has been to ſome very ſerviceable; and the Benefit of agreeable Diverſions, eſpecially riding on Horſeback, new Company, Change of Place, and Variety of Objects, that recreate the Spirits, and give them another Turn, is known ſo well to all, that I have only named them.

As to Opiate Medicines, they are here at beſt inſignificant and unavailing; while, though given in a proper quantity, they rather exaſperate and provoke, than compoſe

poſe the Spirits, and introduce Reſt. It is true, that this quieting Medicine takes place in Hypocondriack and Hyſterick Inquietude, and ſcorbutick Pains of the Limbs, and the Torments of the Gout, Stone and Cholick; in which Caſes it has great Effect, and delivers the Patient from the Rack: But it muſt be conſidered that in ſuch caſes the Spirits are too much agitated and expanded, and by being clogged or contracted into a narrow Compaſs, they become leſs volatile and active, and therefore not ſo liable to receive ſuch painful Impreſſions from the Inſtigation of noxious Humours; while this friendly Confinement and pleaſing Stupefaction that the Opiate lays the Spirits under, blunts their perceptive Faculty to that degree, that they not only grow leſs ſenſible of Pain, but are likewiſe ſoothed and lulled into refreſhing Sleep. But now the Caſe of melancholy Perſons is much otherwiſe, for in thoſe the animal Spirits are ſo far from being too volatile and diffuſed to an exceſſive Compaſs, that they are heavy and dull; and ſo far from being refined and exalted to an immoderate Height, ſo as to be capable of irradiating the Nerves with too much Light and Vigour, and communicating convulſive Force to the Parts at the greateſt Diſtance, that they rather

rather appear benumbed and ſenſeleſs; and though, like the Spirits diſtilled from acid Minerals, they are reſtleſs, yet their Motions are always in a Round of a ſhort Compaſs, and are not ſubject to the Dominion of the Mind. Now, ſhould they be reduced by the Charms of Opium, they would ſtill be confined to a narrower Sphere, which was too ſtrait before, and ſo become yet more unfit Inſtruments for their natural Functions: But, as ſaid before, when an Opiate is preſcribed after the Operation of purgative and vomiting Medicines, it ſhould be given under the Protection of generous and cordial Remedies.

Since a low, depauperated Conſtitution of Blood is the principal Cauſe of this Diſtemper, not only Medicines that impart Vigor and Activity, by elevating and reſtoring the nobler Principles, in this caſe over-balanced and depreſſed, but likewiſe Meats and Drinks, that enrich and comfort the Blood, and ſupply it with Plenty of wholeſome Juices, ſhould be likewiſe preſcribed: and therefore a moderate degree of generous Wine, as it exhilarates the Spirits, promotes the Buſineſs of Digeſtion, and conveys Heat to the Veins, and facilitates the Circulation of their Contents, ſhould always be indulged to melancholy Perſons.

And ſince it is likewiſe highly probable that in ſuch Caſes acid or auſtere Fluids are ſeparated from the Blood, and abound in the various Bowels, it muſt be allowed that fixed and volatile Salts are very uſeful; ſuch as Salt of Wormwood, Tartar, volatile Salt of Amber, Hartſhorn, *&c.* and all ſorts of abſorbing, teſtaceous Powders, ſuch as red Coral, Crab's Claws, Pearl, and for the ſame Reaſon Chalk finely powdered, are beneficial.

Of the PALSY.

TO a healthful State of Body is required a juſt Temperament of all the fluid Parts, as well as a regular Order, Connexion and Tone of the ſolid; by which means the various Organs of the living Fabrick, by performing all their Offices with due Subordination and Harmony, are effectually ſubſervient to Nature's Oeconomy: and therefore every Error or Deviation from the fundamental Conſtitution of the animal Government being a Breach of the Symmetry and Order of the vital Adminiſtration; and by that means the Cauſe of ſeditious, inteſtine Tumults, is juſtly called a Diſtemper or Diſeaſe. And as this is true in general, ſo it is very conſpicuous in the Palſy, which is an Aberration from the native Temper and Diſpoſition of the animal Spirits, and the Syſtem of the Nerves, in a manner peculiar to this Malady; the Idea of which conſiſts in a Deprivation or Diminution of the Spirits, and the Relaxation or Obſtruction of the nervous Fibres;

Fibres; whence the ready Flux and Irradiation of the Spirits is intercepted, and in some measure eclipsed; by which means the voluntary Motion of the Limbs is lessened, or totally suspended, and the sensitive Faculty much abated or quite benumbed. For if the Brain, grown poor and indigent, is not furnished with a sufficient Plenty of pure and refined Spirits; which, at the Command of the Mind or Imagination, may alternately dart from the Head, and rebound thither through the nervous Passages, upon all the Errands and Negotiations of Life; or if they are so stopped and arrested in their Flights, that they cannot advance farther, nor perfectly execute the Messages they were sent about, the essential Properties of the Palsy will appear in the Defect of muscular Motion and Sensation.

First in defect of Motion; which comes to pass, if the muscular Fibres have lost their native Tension, and are become so flaccid and feeble, that they are disabled from performing their Duty; that is, they cannot, like the Strings of musical Instruments, when not extended beyond Nature's Staple, return of themselves; and by their own Spring and Motion of Restitution, recover their regular Disposition. And if this Power is lost, a Palsy

muſt immediately follow; as it is plain to all, who contemplate the Nature of muſcular Motion, that requires a due Mixture of Firmneſs and Flexibility in the nervous Threads, and a Readineſs by turns to ſwell and vibrate by the Influx of the Spirits; and ſuch a Stretch of the Muſcles as does not exceed Nature's Standard, but is capable of ſpringing back, and of being accommodated to the reciprocal Duty of Extenſion and Contraction neceſſary to Nature's Service. And ſince the Aid of the animal Spirits is abſolutely required, as the firſt Movers in this caſe, if we ſuppoſe that their Flights and Excurſions from their Fountain to the diſtant Organs of the Body, ſhould be interrupted or prevented by the Relaxation of the Fibres, or the obſtructed Pores or ruined Road of the Nerves, the Parts to which they were directed being defrauded of their Influence, their Motion muſt, according to the degree of ſuch Hindrances, be weakened or wholly aboliſhed; while however the vital and involuntary Emanations of the Spirits into the Breaſt and Bowels may be preſerved without Interruption or Diminution.

It is owing to the depraved and degenerate State of the Spirits, that is, their Weakneſs and Penury, or the Oppreſſion of

of inordinate and noxious Particles adhering to them, that thus become unable to perform their Duty of Senſation, as well as to the Dulneſs and Flaccidity of the Nerves, that in paralytick Caſes the want of Motion is accompanied with Numbneſs and Defect of Feeling; for while the Spirits, the Inſtruments of Senſe, are interrupted and detained by a torpid Impotence in the weak or obſtructed Muſcles, they are unable to reflect to their Fountains, and carry with them the Impreſſions they received from outward Objects to the Brain, where all Perception is tranſacted, that being the Seat of the firſt Principle of Senſation, and the Reſidence of the Judge and Arbiter; to which, by the Mediation of the Spirits, all the external Pulſes made upon the Organs of Feeling, as well as of the other Senſes, are communicated. So that if the Spirits, the Inſtruments and Meſſengers employed in the animal Regimen, to convey to the *Senſorium* in the Head the Characters imprinted upon them by the touch of outward Objects, are hindered from performing this Duty, all Perception, as to that Part, is cut off. To illuſtrate this, let it be obſerved, if one leans a-while his Elbow on a hard place, by that Preſſure the Paths of the Spirits

in the Nerves are ſo cloſed and ſhut up, that their further Influx is for a Seaſon ſtopped; whence the Arm becomes ſtupified and inſenſible, till the Spirits by degrees with an uneaſy tingling Effort open their Paſſages, and again irradiate the Arm and Hand. In like manner, when from internal Cauſes the Muſcles of any Part are deprived of their Communication of the Spirits, that Limb ſeems a lifeleſs, unanimated heavy Lump; while the Spirits, that uſed to watch in the Frontier of the Body, are diſabled from carrying any Intelligence to the Brain, or giving any notice of what Impreſſions are made on the Organs by outward Objects.

Notwithſtanding it is evident, whatever ſome Philoſophers have imagined, that Perception or ſenſitive Judgment is the Prerogative of the Head, where the animal Spirits are convened, yet in what Part of it the *Senſorium*, in which the animal Soul preſides, is ſituated, is a Secret not yet unfolded: But it is an evident Deduction from its Operations, that this ſenſitive Principle is incorporeal; for Body, as ſuch, is not ſenſible, ſince Matter may be conceived without Senſation, which does by no means contain in its eſſential abſtract Idea, ſuch a perceptive

tive Property. And if Matter, as ſuch, has no ſuch diſcerning Principle, then ſhould it be reduced to the minuteſt Atoms, and by any Force be impreſſed, agitated, and put into the moſt rapid Motion, either direct, oblique, or circular; or ſhould the various Parts be compelled by their impulſive Force to act upon one another by various Rencounters and Colliſions, or ſhould they be ranged in any determinate Order or Method, or enter into any Mixtures or Combinations that can be imagined, or reſide in any organical Parts whatſoever, all this will be utterly ineffectual to give to Matter a ſenſitive Principle, which it has not in it ſelf; for Rarefaction or Expanſion, Celerity or Variety of Motion, mutual Colliſions, Order and Diſpoſition, cannot impart to Matter what they have not themſelves to give; that is, a ſenſitive Power, which is a ſimple Principle, and not a confuſed Aggregate of Modifications.

To return from this Digreſſion, the full Diſcuſſion of which would take up a whole Treatiſe. By what has been alledged, it is evident that a Palſy, which is a Loſs or Suſpenſion of muſcular Motion, with an Abatement of ſenſitive Perception, proceeds from the Relaxation of the Nerves, and the Poverty and Weak-

neſs of the Spirits themſelves, or from the Obſtruction of the nervous Threads, by ſome irregular and hurtful Matter admitted into them, or by ſome diſorderly Parts intimately combined with the Spirits, whence ariſe various Diſtinctions of this Diſtemper.

Of the different ſorts of PALSIES, *and their different* CAUSES.

PAlſies are either univerſal or partial; and the partial are ſub-divided into thoſe that affect the greateſt Part of the Limbs, and that affect only one or but few. They are likewiſe external or internal; the firſt diſable the Limbs, or outward Parts of the Body; the laſt affect ſome particular internal Organ: for example, the Gullet, Stomach, Inteſtines, *&c.* and theſe ſhall be ſpoken to at the latter end of this Diſcourſe. Palſies are likewiſe divided into ſimple and uncompounded, or mixed and complicated with other chronical or acute Diſtempers, as ſhall be ſhewn afterwards.

This Diſtemper, that, as I have ſaid above, is a Relaxation of the Tendons or Muſcles employed in Motion, is ſometimes introduced by Hyſterick and Hypocondriack Affections, by a ſcorbutick Habit,

bit, or Epileptick Fits. For what is commonly called a Hemiplegia, or a Paraplegia, or a dead Palsy, that follows an apoplectick Fit, seems rather a Species of an Apoplexy, than a distinct Disease. It is evident, that in the highest Degree of an Apoplexy the animal Spirits inhabiting the Brain, are the primary Subject of that Disease; which being oppressed, imprisoned, and confined to the Head by the sudden Irruption and Assault of a stupifying Matter, can no longer take their Flights from the Brain, nor keep up their Commerce or Correspondence with the distant Organs of Motion. But if, as it often happens, the noxious Humour that benumbs, involves, and muffles the Spirits, is not of a sufficiently malignant Quality, or in so great a Proportion, as to overwhelm and sink the Spirits, and so make a Settlement in the Brain; then, like a Gas, or poisonous Steam, it passes swiftly through the Paths and Traces there; and entering into the Orifices of the Nerves, stifles with its narcotick Influence the Spirits residing in them; whose Motion being thus intercepted, a Palsy succeeds in all the Muscles to which those Nerves use to send, by their various Branches, their active Messengers. Sometimes this narcotick Shade passing through only

only one Lobe of the Brain, occaſions a particular Eclipſe, and takes off the motive Faculty of one ſide only; and then the Eye of that ſide is weakened, and ſuffers by the Relaxation of the *Glandula Lacrymalis*, the Muſcles of the Cheek are in a State of Laxneſs or Reſolution, unable to perform their Duty by drawing with equal Force, and ſo balancing the Muſcles of the oppoſite Cheek; whence the Mouth is diſtorted or drawn aſide; at this time, the Tongue, being in part benumbed and torpid, is unable to form diſtinct Expreſſions; and ſometimes when the Mind directs and intends one Word, the Patient, by an involuntary Error, ſhall chuſe another, while he himſelf is conſcious that he ſpeaks another thing from that which he deſigned; which ſeems to ariſe from this, that the Traces of the Nerves in the Tongue being defaced and cloſed up, the Spirits that do Duty in that Organ, though directed to one Part, finding thoſe Avenues ſhut up, are compelled to go into thoſe that are not obſtructed, but left open to them. Palſies of this ſort that follow an apoplectick Fit, differ in degree; ſometimes they diſable only one Part, ſometimes one whole Side, and with it ſometimes half of the other; and ſometimes they affect

affect the whole Fabrick, by relaxing all the Muscles that are instrumental in voluntary Motion; whence the Patient is sometimes unable to speak with perfect and distinct Accent, and sometimes remains entirely speechless: But at other times a slight and transient apoplectick Stroke spreads a paralytick Disposition upon the Spirits, when the muscular Motion is weakened only, but not oppressed; in such a Case the Spirits seem to be injured by a noxious Afflatus, and by that Impression are so enfeebled and disordered, that they imperfectly serve the Mind and Imagination in forming Ideas, and in going abroad on their Messages; and from this Debility and Tenderness of the Spirits, beat down and much disabled by the apoplectick Force, it comes to pass that the Patient is subject to weak and unmanly Passions, expressed by various Ways of Complaint, but especially by Tears; and such is their Facility and Readiness to weep, that upon all Emotions and Impressions of outward Objects the serous Flood gushes through the Strainers or Sluices of the Eyes, called *Glandulæ Lacrymales*, which chiefly and eminently in these Persons are relaxed or dilated; and this Evacuation is so involuntary, that when the Patient would be

pleasant,

pleaſant, and intends to laugh or expreſs Satisfaction and Joy, he, againſt his Deſign, will break out into a Fit of Crying; and though the unhappy Perſon moves, eats, drinks, and ſleeps, and has a healthful Aſpect; yet his Underſtanding, Memory, and Imagination, are ſuch great Sufferers, that he is no longer uſeful in his Generation, but often a great Object of Compaſſion; while fine and elevated Parts are effaced, and the Animal (uncomfortable State!) ſurvives the Man; which is a Condition of Life more ſad and calamitous than Death it ſelf. This is the mildeſt ſort of Palſy that follows an apoplectick Stroke, which after various Turns, generally terminates in that fatal Diſeaſe: and this ought to have been ſpoken to before thoſe Degrees mentioned above.

The ſecond Sort, which perhaps is the only true Palſy, depends not upon a Reſolution of the muſcular and tendonous Fibres, by any incongruous and peccant Matter exploded or tranſmitted from the Brain, as in the ſudden Paroxyſms abovementioned, but ariſes from internal or external Cauſes, that chiefly affect the muſcular Fibres of any of the organical Parts employed in Motion; while the ſenſitive Faculty is not much injured. The flaccid State, or Loſs of due Tenſion

in

in the nervous Threads, riſes frequently from Hypocondriacal and Hyſterick Paroxyſms, that by degrees ſo far enfeeble and relax them, that they are unable to execute their native Office, having loſt the ſpringy Power of Reſtitution, whence a paralytick Incapacity enſues in that Member; and therefore this partial Palſy is rather a Symptom of thoſe Diſtempers, than a diſtinct Diſeaſe. In like manner this Inability of Motion in ſome Parts will accompany a ſcorbutick Habit of Body in a high degree, and is introduced by the Poverty of Spirits, or Debility of the Muſcles and Tendons, occaſioned by the hurtful Materials of that complicated Diſtemper; which produce Aches, Pains, and at length a Torpor and Trembling in the Parts affected; neither do theſe Sufferings diſcover a diſtinct Diſeaſe, but are properly a Part of the numerous Train of Symptoms that attend that various Diſeaſe, if indeed it merits a different Denomination, and is not only a Complication of other Diſtempers not yet ripe enough to be called by their genuine Name, as I have above ſuggeſted.

Theſe Palſies that proceed not from an apoplectick Gaſs or Afflatus paſſing from the Head into the Syſtem of the Nerves, are either partial, yet in different degrees,

or

or total; thoſe in a lower degree affect ſometimes one Hand or Arm, or one Leg or Thigh, and which are ſometimes however attended with a general Debility or Coldneſs in that ſide, and at other times affect the Muſcles of the Hands; ſometimes only thoſe of the Neck, whence the Hands and Head ſhall tremble and ſhake for many Years, without any conſiderable Suffering or Decay. This proceeds not from any noxious Matter tranſmitted through the Brain, as in paraplectick or hemiplectick Caſes, but generally from ſome incongruous Matter depoſited and fixed upon the Muſcles and Tendons of thoſe Parts; by which they are enfeebled and incapacitated for regular and ready Motion; but often there happens a general Reſolution of the Muſcles, accompanied with a great Atrophy or Defect of Nouriſhment; and though theſe Patients are not deprived of all Motion, yet they are ſo feeble and emaciated, that without the Support of Crutches they are unable to ſtir, and then too but very poorly.

Though Palſies chiefly proceed from internal, yet they ſometimes ariſe from external Cauſes: for inſtance, a Wound, a Bruiſe, a Fall, or great Blow, that efface and deſtroy the nervous Tracts, by which the Roads and Avenues to the muſcu-

muſcular and membraneous Fibres are ſtopped, and the Communication and Intercourſe of the animal Spirits are diminiſhed or cut off; which being thus defrauded of their Influence and Emanations, that are abſolutely neceſſary to animal Motion, they become empty, unbraced and flaccid, that is, paralytick.

As ſometimes Bruiſes by Falls, or projected ponderous Matter, which injure and weaken the Tendons and Muſcles, as Weapons by cutting them aſunder, quite deſtroy their organical Uſe, and occaſion this Diſtemper; ſo ſometimes the breaking, or Diſlocation of a Bone, will produce it; as particularly, the diſplacing of the lower Vertebræ of the Back in Children, whether from an external or internal Cauſe, when from the Diſtortion of the Joint the Bone bears upon the *Medulla Spinalis*, or the Orifice of the Nerves iſſuing thence, by which the Irradiation or Influx of the Spirits is cut off; and the inferior Limbs being defrauded of their animal Supplies, grow feeble and unactive, and apparently wither and ſhrink away; by which it likewiſe appears, that the refined Juices conveyed by the Nerves are greatly intereſted in the Buſineſs of Nutrition.

Some-

Sometimes this Diſtemper is occaſioned by taking Cold, either when a Perſon too thinly cloathed is expoſed to ſharp and ſevere Blaſts of Air, or the Rigor and Inclemency of hard Winters; for the muſcular and membranaceous Threads, unable to reſiſt the violent Aſſaults of ſuch Invaders, loſe their Firmneſs, and grow ſo ſlack and looſe, that they can no longer exert their motive Power. Frequent Inſtances occur of Perſons that have felt their Limbs grow not only unactive and benumbed with ſevere Cold, but the fleſhy Parts have been eaten in and corroded to ſuch a degree, that ſometimes a cutaneous, and ſometimes a deeper Mortification has followed, while the pungent and biting Particles of Air act the Part of a Cautery, and burn the Fleſh like Fire: And this, as I am informed, often happens to thoſe that travel with their Faces unguarded through the Snows of *Ruſſia*.

Sometimes a Palſy proceeds from long, continued Labour, which ſpends and wears by degrees the connected Materials of the animal Machine. And it is no wonder that active Husbandmen and Mechanicks ſhould by repeated Toil weaken and relax the muſcular Fibres, till in a great meaſure they loſe their Tenſion and reactive Spring, and ſo contract an Incapacity

pacity of Motion: for we see that the human Structure will sink and decay in some Persons meerly by Time and advanced Years; while by the long use of the Limbs in performing only their natural Offices, together with the Aches, Pains, and Infirmities of old Age, the muscular and tendonous Fibres are much impaired, if not wholly worn away. Such is the delicate Mechanism and Conformation of the various Parts, that if the living Fabrick be not attacked and ruined by outward Violence, yet will its several Organs, by constant Use and Employment, by degrees grow feeble, and be disposed to paralytick Symptoms; much more then will this be effected, if great Pains and immoderate Toil have long exercised the Muscles and exhausted the Spirits, which is often followed by a Resolution or Flaccidity of the Parts.

Violent Motion of the Limbs will likewise disable the Muscle or Ligament it employs. Thus sometimes an active Tumbler, by exerting extraordinary Force, has snapped in two the Tendon of a Muscle in his Leg, or many of its Threads; or at least has so strained and stretched it beyond Nature's Staple, that its elastick Power being destroyed, and the Part being unable to restore its self, and recover

its former Position, the motive Faculty has been wholly lost.

Of the METHOD *of* CURE.

AND first, of the Disease vulgarly called the Dead Palsy, I mean an Hemiplexia or Hemiplegia. If the specifick Matter of an Apoplexy continues fixed in the Brain, and by stupifying, stifling, or blasting the animal Spirits residing there, suppresses the exercise of the Organs of Sense and Motion, that Disease is then wholly confined to its proper Limits, and distinguished from other Distempers that affect the Spirits and the Nerves. But sometimes a great Part of the noxious Humour, after its Invasion of the Head, makes its way to the Mouths of the Nerves implanted there; and insinuates it self into their various Branches dispersed over the Body, and by their opposite destructive Quality, suspend or destroy the motive Energy of the Spirits, that have their Abode in them, and then the Disease is divided; and while a great Part of the hurtful Matter is detained

and confined in the Brain, and a great Part is communicated to the Members of the Body, it is partly apoplectick, and partly paralytick: And while the Patient is in this State, he remains in great Danger, by reason of the several important Symptoms that affect the Head, while the peccant Humour still possesses it in a considerable degree. But when this stupifying Humour entirely leaves the Head, and is discharged upon the Nerves, and distributed to the Organs of Motion and Sensation, it is denominated a Hemiplegia, if it seizes only one Side; or a total Palsy, if it affects both; though sometimes it must be acknowledged, it disables only some Parts of one Side, and sometimes the whole, and half of the other.

In these Cases letting Blood from the Arm to ten or twelve Ounces, as the Patient's Pulse will bear, is very advisable: for this sort of Palsy arising from the apoplectick Humour propagated and transferred from the Region of the Brain to the Muscles and Tendons of the Limbs affected, the Veins being emptied in some measure by copious Bleeding, will, to repleniſh themselves, suck up and take into their Cavities the Matter of the Disease, if the Evacuation is quickly performed,

before it is ſettled and fixed in the Parts on which it is caſt and depoſited. And this Effect we ſee produced in ſlighter apoplectick Fits; for when a Vein is ſpeedily opened e'er yet the Diſtemper has by delay taken deep Root, and entered far into the Cells and Pores of the Brain, the Diſeaſe is uſually removed; and the Benefit of letting Blood in particular Caſes I have often experienced. It is therefore a great Miſtake, when Phyſicians forbid Bleeding in this Diſtemper, becauſe of the Weakneſs of the Patient; for what if the Limbs are weak, the Pulſe is not ſo, but will bear the Evacuation, and that to great Advantage, as I have found by repeated Trials.

Veſicatories, or bliſtering Plaiſters applied to the Neck, and Arms and Legs of the paralytick Side, are likewiſe beneficial; while by their active Particles they ſtimulate and provoke the muſcular Fibres, and rouſe and animate the ſtupified Spirits, and ſo enable them to ſhake off the adhering Matter that benumbs them: And in this Senſe they are chiefly ſerviceable, and not by the ſmall Diſcharge they make by the Veſications or Bladders, cauſed by their Force in the Surface of the Limbs; and as the Bliſters become dry, and begin to heal, others ſhould be raiſed in freſh places,

places, that the Nerves may be continually vellicated, and the Spirits disturbed and provoked to awaken, and put themselves into Motion, till the Symptoms begin to abate, and the Patient is in prospect of Recovery.

But no Evacuation is more eminently useful than Purging in paralytick Cases; and the following I like as well as any.

Take of Tinctura Sacra two Ounces, Syrup of Buckthorn one Ounce, compound Spirit of Lavender twenty Drops; make it a Draught, to be taken at Night going to Bed, and let it be repeated, interposing three Days, for three times. If the Patient has sufficient quantity of Strength to undergo stronger Medicines, he may take the following Pills.

Take of Pil. Coch. Maj. a Scruple, and eight or ten Grains of Pil. ex duobus, made into four Pills for one Dose.

Or, *Take of Pil. Fætid. min. twenty Grains, of Extractum Rudij ten Grains; make it into the same number of Pills: and the Strength of the Medicine the second time may be either increased or diminished, according to the degrees of their Operation.*

In these Cases it often happens that after the Patient has lain some Days sluggish and sleepy, his Spirits will on the other hand become too active and volatile; whence he is thrown on the other Extreme, and grows restless and obstinately wakeful: and in this State of Inquietude opiate Remedies are not only allowable, but necessary. I am apprized, that many are deterred from prescribing quieting Medicines in a Palsy, lest they should sink and depress the Strength of the Patient, too low and feeble before. But this is their Error, and their Fear is groundless: for first, the Vigor of the Sufferer will be much more wasted and abated by long Wakefulness and restless Turnings and Agitations, than it can be by the Operation of Opiates, if any such Effect should follow. But it is not true, that those Remedies are attended with any such Consequence; on the contrary, by restraining, calming, and fixing the animal Spirits, too much inflamed and expanded, and by this means introducing comfortable Sleep, they at once give Tranquillity and Strength to the Patient. For who does not know that Quiet is the Cure of Inquietude, and that Sleep, after it has been long wanting, is the great Restorer of Strength and Serenity of Temper?

Temper? When Opiate, given judiciously in respect of the Season of giving it, that is, when violent Pain and invincible Wakefulness require it; and the quantity of the Medicine, no Inconvenience can attend it that over-balances the Benefit it affords. And in this case, when either contumacious Indisposition to Sleep, or a stubborn Hickcough prevails, as well as in many other Instances, I have for many Years prescribed it with good Success, and repeated it often, till the Symptoms yielded to its Force. And it is therefore surprizing, that any Gentlemen of the Faculty should lye under such an invincible Prejudice to the use of this Remedy, and that upon the account of such odd, dark, and unintelligible Reasons as these, That Opiates tye up the Humours in the Blood, fix the noxious Matter in the Nerves, distract and confound the Brain, and make the Head dull and muddy: But if this last Complaint be an Effect of it; one would be tempted to think that the Objectors had taken more of it themselves than they are willing to acknowledge. But I have discoursed of this Subject largely before, where I spake of the Cure of Hypocondriacal Affections, and I have there answered the Objections made by many against this not only inno-

cent, but useful Medicine; though I allow it is accompanied with Inconveniencies, and that it is an Edge-tool, not to be trusted in an unskilful Hand.

As to alterative Medicines, they are internal or external; the internal may be given in the Form of Pills or Electuaries.

Take of Myrrh, Galbanum, Extract of Gentian, each a Drachm; of Salt of Amber two Scruples, Saffron a Scruple, of Salt of Steel, or Steel prepared with Tartar, a Drachm and half, of Gum Ammoniac dissolved a quantity sufficient; make all into Pills of a moderate size, and take four every Morning and Afternoon, drinking after it a Glass of Penyroyal Tea.

Or thus, *Take of Conserve of Orange, or Citron Peel, an Ounce, and of Rosemary Flowers an Ounce, of Trochisks of Myrrh two Drachms, of candied Nutmegs and Ginger each a Drachm and half, of Powder of Vipers, of volatile Salt, of Hartshorn, each a Drachm, and of compound Syrup of Piony as much as is sufficient, and make an Electuary; take the quantity of a large Nutmeg every Morning and Afternoon, and drink after it a Cup of Penyroyal or Sage-Tea.*

Or, *Take of Conſerve of* Roman *Wormwood two Ounces, of* Virginian *Snake-root a Drachm, Trochisks of Myrrh, Steel prepared with Tartar, each two Drachms, Syrup of candied Nutmegs a quantity ſufficient; make it an Electuary, to be taken as that before.*

A quarter of a Pint of Viper Wine in the Morning and Afternoon daily by it ſelf, or after the firſt Electuary ſet down, or after the Pills, without Steel, is very proper for this purpoſe; rectified Spirit of Hartſhorn, Tincture of Caſtor, Tincture of Aſſafætida, Compound Spirit of Lavender, Spirit of Sal Ammoniac ſuccinated, *&c.* taken by themſelves to thirty Drops a Day, in any convenient Liquor, or mixed with one another, are very proper; for it is certain, the moſt generous, active and penetrating Remedies, muſt be employed in theſe Caſes, as well to open the obſtructed nervous Paſſages, as to enliven and rouſe by their Inſtigation the oppreſſed Spirits; and ſo enable them to irradiate the Muſcles, and make their reciprocal Flights in regular Order, and with due Celerity.

As to external Remedies, excepting Bliſters, in paralytick Caſes that are derived

rived from an apoplectick Insult on the Brain, as before-mentioned, I never observed they were of any considerable use; though I acknowledge that in some partial Palsies arising from other Causes, especially external Injuries, they are often beneficial; of the Cure of which I shall afterwards discourse.

It is very common, as before mentioned, that Hypocondriacal and Hysterick Affections, by exhausting the Spirits and slackening the Nerves, introduce a paralytick Disposition in some of the Limbs, as sometimes, though rarely, they terminate in an Apoplexy or Hemiplegia: But in none of these Cases are external Remedies of any value. And therefore the Physician will be obliged to have recourse to those Methods and Medicines that are most prevalent in the Distempers named, of which the paralytick Complaints seem only the Symptoms. And thus by laying the Axe to the Root, the Branches will quickly fall, and the most efficacious Remedies in the original Distempers I have above set down, at least such as I have found to be so in the Course of my Practice: and those Palsies that are judged to arise from a scorbutick Habit, will likewise be most successfully removed by anti-scorbutick Medicines.

But

But as to those that proceed from external Violence, Bruises, and crushing of Limbs, catching Cold, Falls, or Dislocation of the Bones, rigorous Seasons; in such cases topical Remedies are often very useful, when skilfully applied; such as Queen of *Hungary*'s Water, compound Spirit of Lavender, compound Piony Water, employed to embrocate and refresh the Part, *Barbadoes* Tar, Nerve-Ointment, mixed with Oil of Turpentine; bathing, of which afterwards, Vesicatories and warm Plaisters, as that of Cummin, and various others.

Of partial internal PALSIES.

I Have hitherto discoursed of the Method of Cure in paralytick Distempers, proceeding from internal Causes, that however suppress or extinguish the motive Power, and abate the Sensation of the external Parts of the Body; but there are other Palsies that affect, as I have above asserted, particular internal Parts only; for instance, the Gullet, the Stomach, the Intestines, the Kidneys, and the Sphincters of the Bladder; which require our Consideration. That of the Gullet disables the Patient from swallow-

ing

ing Foods and Liquors, that, ſtopping in their Paſſage, threaten the Patient with Suffocation; till after a great Struggle they are thrown up, and return by the Mouth; for if either a ſchirrous Tumour or a Fungus obſtruct the Paſſage, or a Relaxation of the Fibres of the Gula oppoſe the Deſcent of Meats ingeſted, they cannot reach the Stomach, or at leaſt in ſo ſmall a Proportion, as is inſufficient for the Support of Life; while the Patient is obliged to add ſome Supply by nouriſhing Clyſters, part of which inſinuating it ſelf into the Veſſels of the Guts, conveys ſome Aliment to the Blood. And this was the Caſe of the celebrated Duke of *Leeds*, who laboured under this great Infirmity ſeveral Years. The Difficulty of ſwallowing is ſometimes ſo great, that the Patient is obliged to uſe a Prevang, that is, a Whalebone with a Button at the end; which thruſt down the Gullet where the Stop is made, puſhes down the Meat into the Stomach: And it often happens that ſome Patients, affected with a Paralyſis of the Throat, are able to take down Solids, but not Fluids; and on the other hand, ſome can ſwallow Fluids, but not Solids.

In ſuch caſes, warm, ſpicy and active Drugs, formed into large Pills, and chewed often by the Mouth, and ſpit out again;

and

and Gargariſms, formed of the pungent and aromatick Roots, by a conſent of Parts, ſtimulate and enliven the Spirits in the ſides of the Gullet, and awaken them to do their Duty: and Infuſions of Snake-root, Zedoary and Galangal, and Lignum Vitæ in White-wine; adding to them a fit Proportion of Tincture of Caſtor and Spirit of Lavender, taken Spoonful by Spoonful, as the Patient can ſwallow it, is beneficial; and ſo are the Drops of Steel, or a Spoonful or two of Steel Wine, taken in a ſmall quantity of White-wine; or the Preparation of it with Tartar, taken in a convenient Conſerve or Confection, will do good Service, as they animate the Spirits in general; and therefore thoſe in the Gula will have their Share in the Benefit.

A Paralyſis in the Fibres of the Stomach is often introduced by Hypocondriacal Sufferings in that Part, while the Tone of it is much enfeebled and depraved by frequent Pains, Strainings to vomit, and violent Eructations, and flatulent Diſtenſions, from a Load of ſowre and acrimonious Juices. And the Method of Cure ſet down in Hypocondriacal Diſtempers, will be very ſerviceable to paralytick Stomachs, that will not bear, without great Oppreſſion and Difficulty, their neceſ-

neceſſary Meats, but reject them by the Mouth.

Intemperate drinking of Wine and ſtrong cordial Waters, do likewiſe often deſtroy the Appetite; and by relaxing its native and regular Tone, introduce a Palſy in the Stomach; which becomes a weak, looſe and flabby Bag, unable to digeſt, or ſo much as to retain its Contents: And in this caſe, generous, bitter and aromatick Remedies, as well as fixed and neutral Salts, ſuch as Salt of Wormwood and Tartar, vitriolated, have a good Effect; eſpecially if aſſiſted with the *Bath* Waters, that, with the greateſt Succeſs, are drunk upon the Place; and in all other caſes, where the Stomach is not vitiated and ruined by exceſs of Wine and ſtrong Liquors, thoſe Waters are of admirable uſe, not only as they dilute the bilious Juices collected there, but as they evidently reſtore the Appetite, and confirm and corroborate the nervous Fibres for the Work of Concoction. And this I know as well by my own Experience, as by the Cures that I have obſerved have been wrought upon others.

Sometimes a Paralyſis affects the voluminous Syſtem of the Guts, eſpecially thoſe that receive the Chyle deſcending from the Stomach, and thoſe that carry off

off the recrementitious Parts *per Anum*. And this ſometimes happens in ſo high a degree, chiefly from the weak and tender Conſtitution of thoſe Parts by Nature, that ſometimes the Refuſe, or fæculent Remains of the Foods not admitted by the lacteal Veins, ſink through their Paſſages, without the Aſſiſtance of the protruſive periſtaltick Motion; but falling down through the feeble and flaccid Inteſtines, they exclude themſelves by the Sphincter: nor is the Patient by any Endeavours able to prevent it, eſpecially if he ſtands upright. And in this Caſe likewiſe as other active and generous Medicines are very proper, ſo I have known that the *Bath* Waters, drank in a regular Method, have been eminently uſeful: And ſo likewiſe are Chalybeate Springs. And beſides theſe Remedies, frequent Injections, not of purging, but warm and ſtrengthening Clyſters, have had a good Effect.

A Palſy in the Bladder, accompanied with an involuntary Diſcharge of Urine by Drops, and great Uneaſineſs and Pain, is ſometimes occaſioned by an Ulcer in that Part, or in the Neck of it, and ſometimes meerly by advanced Years; for when the Organs of the animal Engine are impaired and damaged by their long and conſtant Exerciſe, their ſhattered and feeble

feeble State is juſtly reckoned no more than the Ware and Tare of old Age. Though mortal Life declines and conſumes it ſelf by ſlow, but certain Steps, few Men however in their advanced Age are willing or capable to make this Reflection, and to attribute their Infirmities to their natural and genuine Cauſe, that is, a protracted Courſe of Days; in which time the human Fabrick has been worn and ſhaken by external Injuries, or internal Diſtempers, or at leaſt is enfeebled by gradual and inſenſible Decay: But they apply themſelves to the Phyſician, and requeſt him, as well to explain their Symptoms, and tell them the Cauſe of their Diſtemper, as to preſcribe them a Method of Cure; as if, while they languiſh and ſtoop under the Burden of ſeventy Years or more (a Diſeaſe that eludes the Force of Phyſick) the Weakneſs and various Complaints that naturally attend grey Hairs, aroſe from the ſame Cauſes as the Diſeaſes of young Perſons.

But to return from this Digreſſion: The Palſy of the Bladder, that, as I ſaid, is very incident to antient Perſons, by which that Receiver is no longer able to retain the Urine derived into it through the Ureters, by reaſon of the Weakneſs and Reſolution of its Fibres, or thoſe of its

its Sphincter, is seldom, if ever cured. But this does not hinder but that younger Persons, afflicted with an involuntary rendering of their Urine, may be relieved by the Medicines proper in a partial Palsy, before mentioned; which by their strengthening and astringent Operation, may restore the lost Tone of the Fibres of the Bladder, or its Sphincter: And therefore Decoctions or Infusions of Herbs and Drugs, endowed with such Qualities, together with others in less Proportion, that are smooth and soft to the Parts, that suffer by the Acrimony of the Urine, should be often injected.

Sometimes a Palsy affects the Kidneys, whence the papillary Canals of that eminent Strainer lose their Tone; and being grown feeble and flabby, lye so flatted, while their Mouths or Inlets are so closed, that they cannot perform their natural Office, by separating and carrying off the watery Parts of the Blood. This Event may sometimes happen from a too tender and delicate Conformation of that Bowel by Nature; which faulty Disposition is often increased by intemperate Drinking, especially of small Liquors; and it is often the Effect of previous Distempers; sometimes of venereal Impressions, as well from the severe and painful Method

of Cure, as from the Diſeaſe it ſelf; and ſometimes from the Tranſlation of gouty Matter, removed from the Joints or external Muſcles, and determined to the Kidneys; where being depoſited, it introduces a Reſolution or flaccid Diſpoſition of the ſecretory Glands, whence their Tenſion is much diſabled, and their Power of Percolation ſuſpended: The Conſequence of which is a partial or total Suppreſſion of Urine; partial, if the Paſſages of ſome Glands only are obſtructed and ſhut up; and total, if the whole Syſtem is rendered impracticable and uſeleſs.

As to the Cure of this Diſtemper, while the Patient does not ſuffer a total Suppreſſion of Urine, diuretick Medicines mixed with thoſe that corroborate the Parts, ſhould be uſed. For example,

Take of the Conſerve of Roſemary Flowers, of Orange Peels, each an Ounce; of Millepedes powdered two Drachms, Tartar vitriolated, and Myrrh, each a Drachm, of Salt of Steel two Drachms, of Syrup of Nutmeg candied enough to make it an Electuary; let the Patient take the quantity of a ſmall Cheſtnut twice a Day, and drink after it a Glaſs of White-wine.

Take

Take two or three Cloves of Garlick, infuſe them in a Quart of White-wine, and let it ſtand near the Fire on warm Embers, till it has taken the Vertue of it fully, to be diſcerned by the Taſte: drink a quarter of a Pint twice a Day.

The Syrup of Garlick, or Garlick preſerved, are likewiſe very proper: ſo are the Cloves boiled in Broth, or eaten unprepared with any convenient Food. Likewiſe

Take of Millepedes alive fifty or ſixty, bruiſe them in a Mortar, pouring on them a quarter of a Pint of Rheniſh Wine, and half an Ounce of compound Water of Horſeradiſh; and let the Expreſſion be a Draught, to be taken twice a Day: and five or ſix Earth-worms managed in the ſame manner, are uſeful.

Juniper Water, well made, eſpecially that of Cologn *or* Holland, *is very beneficial: ſo is ſmall Punch, as likewiſe Oil of ſweet Almonds or Linſeed, mixed with Syrup of Lemons, or Syrup of Garlick and Oxymel Scilliticum, and made with Sugar into a Linctus, to be taken a Spoonful at a time frequently.*

Repeated Purging with Elixir *Salutis*, *Tinctura Sacra*, *Pil. Coch. Maj.* is adviseable.

But if the Suppreſſion of Urine is total from a general Relaxation and Flaccidity of the percolating Glands of the Kidneys, which often happens, either from the natural or acquired Weakneſs, or too great Tenderneſs of their Fibres, or from the Tranſlation of the Matter of other Diſeaſes, as that of inveterate Rheumatiſms, or the Gout, depoſited on this Strainer, the following Remedies are proper to be preſcribed.

Bleeding and purging Remedies are demanded to empty in ſome meaſure the Blood-Veſſels, diſtended and oppreſſed by the ſerous Parts, that in this Caſe remain unſeparated by the Kidneys; and by this means to ſupply as much as poſſible the Defect of that natural Diſcharge, till other Remedies open the obſtructed Inlets, and make a Way for the Paſſage of the watery Parts of the Blood into the Bladder. And for the ſame Reaſons active Vomits ought to be given, that by the Concuſſion and Agitation of the Parts, may quicken and rouſe the torpid Spirits to do their Duty, and help to move and diſlodge the obſtructive Matter, and free the papillary Glands from their Incumbrances.

cumbrances. Active Clysters are likewise useful, for the same Reasons that Purgatives are prescribed. Vesicatories, or blistering Plaisters, are of great Service, not only, or so much as they cause some Evacuation, but chiefly as they stimulate and provoke the relaxed or paralytick Parts, and oblige them to perform their Office: And for this end, riding on a trotting Horse, or driving in a Coach over paved Streets, or uneven and stony Ground, are to be encouraged.

And as for internal Medicines, those above-mentioned, especially Garlick, are to be tried in their turn; and likewise Spirit of Turpentine and Tincture of Cantahrides, that is, *Spanish* Flies, taken to twenty Drops at a time, as well as going into a moderate warm Bath, are often found very beneficial in promoting the Passage of the Urine through the Kidneys.

And this leads me to the Consideration of the *Bath* Waters, which have long been a celebrated Remedy for removing paralytick Complaints, and restoring Strength to weak and feeble Limbs; and I will shew in what Kinds they are useful, and in what they are either insignificant or hurtful. In those Palsies that are consequent upon an Apoplexy, or a transient

Stroke of a Paraplexy or Hemiplexy, partial, or more general, Bathing in the hot Spring-waters must be detrimental; for this only affects the Skin and exterior Muscles, but cannot strengthen the Brain, excuscitate and quicken the Spirits, and free the nervous Tracts from the noxious Matter that obstructs them; and no Benefit can arise from any Method or Medicine ineffectual to these Purposes. And according to my own Observation in this Disease, commonly called the Dead Palsy, the going into those warm Waters scarce ever relieved the Patients; though after they were almost recovered, they have found some Advantage by bathing in those hot Springs, but more by drinking their Waters.

Nor is Bathing beneficial in paralytick Disorders, that proceed from a Hypocondriacal, and especially an Hysterick Constitution, for the Reasons before given. But the Patients who reap the greatest, if not the only Advantage, by going into those warm or hot Springs at the *Bath*, are those who become lame and paralytick from external Causes; such as are infirm in their Limbs from Bruises, Strains, catching Cold, or are disabled by hard Labour, or the suffering of very sharp and rigorous Weather; such Cripples and para-

lytick Persons as these often receive great Benefit: And I believe it is these chiefly that have, upon the Recovery of their Strength, left behind them their Crutches and other Supporters, and hung them up in the *Bath*, as Trophies and Monuments of their Conquests over their several Infirmities.

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APPENDIX:

BEING AN

ESSAY

UPON THE

SPLEEN.

IT was the Opinion of many among the Antients, who, from a curious and inquiſitive Genius, contemplated and examined the Works of Nature, that the Spleen was a noxious and prejudicial, or at leaſt a ſuperfluous Part, as being in their Opinion of no uſe in the animal Oeconomy. Thoſe who condemned it as hurtful, were induced to it from the Obſervation of its frequent Swelling, and invading the Territories of other principal Bowels; which Diſtenſion, they ſeemed

ed to think, was often natural, as well as often the Effect of a diſtemper'd State: They likewiſe looked on the Spleen as the Cauſe of intemperate and diſſolute Laughter, which (*a*) *Pliny*, (*b*) *Serenus Sammonicus*, (*c*) *Cælius Rhodiginus*, and others atteſt, (*d*). From the Spleen proceeds Laughter, from the Gall Anger, from the Heart Wiſdom, and from the Liver Love. And the Reaſon aſſigned for this Opinion is, that this Bowel, by ſeparating from the Maſs of Blood, its dark and dreggy Parts, make it ſplendid, pure and active; whence, ſay they, Alacrity, Gaiety of Humour, and a conſtant Diſpoſition to laugh, naturally ariſe.

Beſides, they accuſed it as the Sink of heavy and melancholy Humours, and a great Enemy to Race-Horſes, by clogging their Sinews, and abating the Celerity of their Motion: (*e*) This *Pliny* affirms; and therefore ſays, the Owners burnt the Spleen of their Courſers, to give them greater Speed; which * *Hoffman* ſays, was a Pra-

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(*a*) Sunt qui putant intemperantiam riſus conſtare Lienis Magnitudine, *Plin.* lib. 1. *c.* 37. (*b*) Sammonicus, *c.* 24. (*c*) Antiq. Lect. *Lib.* 4. *c.* 18. (*d*) Splene ridemus, felle iraſcimur, corde ſapimus, & jecore amamus, *Iſid. lib.* 2. Splen ridere facit, cogit amare Jecur. (*e*) Sammonicus ubi ſupra.

* Hoffman in voce Splen.

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ctice among the *Jews*, as appears from what is spoken in the *Gemara*, of the Horses and Horsemen which *Adonijah* had prepared to run before him. These hurtful Qualities were also charged upon the Spleen in Men, as appears from *(f) Pliny*, whose Assertion is confirmed by *(g) Plautus*.

Hence it was that they used various Medicines to be taken inwardly, which they believed by degrees would waste and consume this exuberant and detrimental Part; for sometimes they endeavoured to destroy it by an actual Cautery, which was executed in this manner, as *(h) Paulus Agineta* relates: they raised up the Skin with a Hook, and then with a red-hot Iron pierced it through, and with the same Wound burnt the Spleen underneath; and sometimes they opened the Side, and cut it entirely from the Body: And this kind of Castration is mentioned by *Pliny* and *Sammonicus*; who, speaking of the Spleen, has this Passage,

* *Hence silly Laughter flows;*
But if cut out, that Passion decent grows.

(*f*) Ubi supra. (*g*) Genua hunc cursorem deserunt, perii, seditionem facit Lien, occupat præcordia. Perii, animam nequeo vertere. Plautus in Mercatore. —— Accrescit Labor, jam quasi zona liene cinctus ambulo. Id. in curculione. (*h*) *Lib. 6. c.* 48.

* —— Tumidus nocet, & risum addit ineptum,
Picitur exectus faciles auferre cachinnos.
Serenus Sammonicus, ubi supra.

This

This he does not affirm from his Knowledge; but says it was the common Opinion.

Thus as the *Stoick* Philosophers reproached the Passions as the Blemishes and Distempers of the Mind, that perverted its Faculties, and disturbed its Operations; so these Naturalists looked on the Spleen as a useless Production, or rather a hurtful Error of Nature; and as the first strove to suppress and eradicate the one, so the last labour'd to get rid of the other.

Those of the Antients who ascribed any Usefulness or final Cause to this Part, from the Observation of its Colour and Magnitude, as well as its soft and loose Contexture, concluded that it was designed to attract and drink up, like a Spunge, the gross and adust Impurities of the Blood; which being thus purged and refined, might be prepared for the Service of the Liver, and appear in that Receptacle pure, bright and sprightly: And this was the Opinion of *Plato*. *Aristotle*, who declares that he thought the Spleen only accidentally necessary, assigns to it the low Province of drawing to it self the dark and coarse Vapours that arise from the Bladder and Intestines, to give them a greater degree of Concoction; so unskil-

ful

ful was this Philoſopher in Anatomy, and ſo unacquainted with the Oeconomy of Nature.

The modern Phyſicians and Anatomiſts, reflecting that the Spleen is conſtantly found to be an integral Part in every Individual among Animals of the moſt perfect Species, Birds excepted, and that Nature makes nothing impertinent and in vain; and conſidering likewiſe that the minuteſt Gland, the leaſt Veſſel, and the ſmalleſt Fibre of a Nerve or Muſcle, are deſigned for ſome valuable Purpoſe, could not think that the Spleen, a Bowel of ſuch Amplitude, Contrivance, and Situation, which takes up ſo much room, and makes ſo conſiderable a Figure in the Compoſition of the Body, was a wanton and uſeleſs Production; but that on the contrary it muſt be deſtined to ſome Service.

Various are the Opinions of Philoſophers and Phyſicians about the Province aſſigned by Nature to this Bowel, ſo remarkable for its Magnitude and Structure, as well as its Equipage of Veins, Arteries and Nerves, with which it is abundantly furniſhed; they compared it with the other large Bowels and bigger Glands; and while they obſerved that all theſe were Strainers, formed for the beneficial Deſign of purifying and refining the Blood

Blood from groſs and noxious Mixtures: for inſtance, the Kidneys to ſeparate and diſcharge the ſuperfluous watery Parts; the Liver the immoderate Choler, the Lungs the redundant Phlegm, and the large Glands their particular hurtful or exceſſive Humours; they were induced to believe that a Province of the like nature muſt be appointed for ſo eminent a Part of the Animal as the Spleen: And upon their Contemplation of its unlively and livid Aſpect, while it is entire, and the blackiſh and heavy Liquor which appears in it upon Diſſection, they were tempted to appropriate to it the Task of dividing from the Maſs of Blood the recrementitious Juices. But ſince no ſecretory Veſſels, nor common Receptacles for ſuch Humours, nor any Channels to convey them away, could ever, by the ſtricteſt Enquiry, be diſcovered in the Spleen, as they are in all the eminent Strainers of the Body, and which could not have eſcaped Obſervation in ſo large a Part, this Hypotheſis wants a ſufficient Foundation to ſupport it; for if there be no Outlet to carry off the Liquors ſuppoſed to be conſtantly ſeparated from this Bowel, it muſt by ſwelling to an immenſe degree, become diſproportioned and deſtructive of the animal Adminiſtration.

Others

Others appoint to the Spleen no other vital Service, than to cheriſh the Stomach with the warm and comfortable Application of its Subſtance to that Side on which it is incumbent; by which means, ſay they, the Stomach being conſtantly refreſhed and invigorated, its digeſtive Power is aſſiſted and preſerved. But if this be its whole Buſineſs, in my Opinion it is no great Poſt of Honour, nor a Task worthy ſo conſpicuous and diſtinguiſhed a Bowel as the Spleen. And this Conjecture is eaſily over-ruled, when we conſider that after the Animal is caſtrated of this Part, the Stomach not only retains its concoctive Faculty in as great Perfection as before, but grows more hungry and voracious, which by Experience evidently appears. *

The celebrated Dr. *Willis* has formed the following Hypotheſis concerning the uſe of this Part. He ſuppoſes that the Blood, which is carried by the animal Ducts into the Spleen, depoſits there by Percolation its thicker and more ponderous Parts; which thus diſunited from the Maſs, and lying for a while undiſturbed out of the Road of Circulation, con-

* Malpighius de Liene. *Dr.* Purcell, *in his Book of the Cholick.*

tracts

tracts ſuch an Acidity, or auſtere Nature, that it becomes a Leaven, like that of a Portion of Paſte; which being preſerved till it acquires a ſowre Quality, is capable of fermenting a large Maſs of Dough. This Leaven thus prepared in the Spleen, as our ingenious Author ſuppoſes, being re-conveyed to the Blood by the Veins, and to the animal Spirits by the Nerves, agitates and purifies the one, and ſtimulates, refines, and exalts the other to ſuch a degree, as the animal Faculties demand for their juſt and regular Operations; without which, he imagines, they would be languid and defective in their Functions; and from the Irregularity, that is, the too great Portion of Auſterity that often happens, as he ſuppoſes, to this Ferment in the Spleen, he derives the Riſe of Hypocondriacal Affections, while he endeavours to account for all their various Symptoms in the various Parts of the Body, from the different Modifications of this Leaven, which in a different, but ſtill an exceſſive Meaſure, agitates, impels, and diſturbs the Spirits in their Motions.

This may be reckoned an ingenious Hypotheſis, and finely imagined; but ſince the Author has not ſhewn any peculiar Veſſels by which theſe heavy and melancholy Humours are ſeparated from the Blood,

Blood, nor any common Ciſtern where they ſhall be lodged after their Separation, nor any Canals by which they ſhall be reconvey'd to the Blood and Nerves, but leaves them in the ſtrait Vacuities and Interſtices of the Subſtance of the Spleen which muſt be diſtended to a vaſt Size, if as a Strainer it receives a conſtant and uninterrupted Affluence of Humours, and has no way to empty it ſelf and unload its Burden; his Poſition ſeems rather a Romantick Speculation without any Foundation in Nature, than the Production of an acute and reaſoning Philoſopher.

Other Anatomiſts aſſign another Uſe to the Spleen, who ſuppoſe it was form'd by Nature to arreſt the Motion of the Blood and moderate its Velocity, that it may not ruſh into the Liver with too impetuous a Current, and ſuppoſe that this facilitates the ſeparation of the Bile in the Liver.

In a Point of ſuch abſtruſe Nature, my own Conjecture is, that the Spleen is formed, tho' perhaps not only, yet principally, for ſome remote yet conſiderable Office, by which it promotes the Propagation of the Species. The Reaſon that induces me to entertain this Opinion is, that it plainly appears that this eminent Bowel

is unnecessary for the Conservation of the Individual; for it is certain, by undeniable Experience, that it may be taken out from the Animal, without any visible Detriment; and is so far from being absolutely useful to the Existence of the Individual, that without it that Individual not only continues in Being, but in Health and Vigor; and as far as can be observed, does not feel the want of it. Now it cannot be imagined, that a Bowel of such Distinction in the Body, of such a Magnitude, such an artful Composition, and endowed with such numerous Vessels, should have no Concern in the Preservation of the Animal, if it were designed for that Purpose. And therefore since it must be allowed to be formed for some Purpose, what other End can be assigned, than that of the Continuation of the Species? We observe that the other Parts of the Animal, that are made for the Propagation of the Kind, may be removed entirely, without destroying the Being or Health of the Individual, as being destined for another End, and therefore little interested in the Support of its Existence; whence it is reasonable to conclude, that when a considerable integral Part of the Body, such as the Spleen is, may be entirely spared, the Animal receiving little or no Damage by the re-

moval of it, the Part muſt be intended for ſome other uſe; and what other can be ſuggeſted but multiplying of Individuals.

The Spleen therefore, by a Parity of Reaſon, may be juſtly ſuppoſed to be framed for the ſame Purpoſe, as the other Parts deſigned for the Continuance of the Species. How this Office is performed by the Spleen, is not eaſy to explain, nor to anſwer the Difficulties that may be ſtarted on this Subject. Many Myſteries continue in Nature, that elude the Sagacity of curious Enquirers, to humble the Pride of learned Philoſophers. Man is a vain Being, and would be too apt to triumph, to boaſt of his Conqueſts, and neglect to admire the ſupreme Cauſe of Things, ſhould all the wonderful Scheme of Nature be laid open to his View, and no Secret eſcape his Enquiries. Beſides, the Divine Author takes Delight to honour himſelf by different Perſons, and in different Times and Nations. He lets Mankind by degrees into the Knowledge of his Works, and future Ages may probably excel this in their intellectual Improvements and Diſcoveries, as this ſurpaſſes the antient Ages in the Infancy of Science and the firſt Dawning of Philoſophy. And as new Acquiſitions are reſerved for new

new Men, ſo it is probable that ſome ſagacious Anatomiſts may ariſe in coming Ages, who may unfold this Difficulty. But from what I have urged, it muſt be concluded, that either this which I have aſſerted, is the proper Office of the Spleen, or that it can have none of any Conſideration anſwerable to its Size and Structure: for ſince it can be removed with little or no Damage, it is, as to particular Animals, almoſt uſeleſs and inſignificant, like the Parts contrived for the Production of Individuals. But notwithſtanding this Subject is ſo intricate and abſtruſe, I will attempt to eaſe our Conceptions, by opening the way by which the Spleen may perform the Office before named.

Since it appears by unconteſted Experience, that the Animal may ſurvive the Separation of the Spleen from his Body, without any ſenſible Detriment, which is a plain Demonſtration that it is inſignificant to the Conſervation, and unemployed in any conſiderable Service of the Individual; what can be inferred with more Certainty than this, that it muſt be of ſome important Uſe for the Continuation of the Species? For ſhould it be affirmed, that it is neither beneficial to the one or the other, then it being impoſſible that it

ſhould be uſeful any other way, this groſs Abſurdity muſt follow, that it was formed for no Purpoſe, and ſo is an idle and impertinent Production of Nature. I cannot ſee how the Force of this Argument can be evaded; and therefore I conclude, that this Bowel was contrived for the ſake of the Species, as before aſſerted. If it be asked, and nothing is more natural than to make that Enquiry, which way this Bowel contributes to the Conſervation of the Kind? I anſwer, it is probable that it performs this Office by obſtructing the Stream of Blood, and moderating the Rapidity of its Motion, which otherwiſe might ruſh into the Parts ſubſervient to Procreation with too great Violence and Abundance; and by that means communicate to them, by proper Strainers, a greater Meaſure of prolifick Fluids, than the regular Oeconomy of Nature demands. Nor is this Hypotheſis in the leaſt ſhaken, by ſaying, that the Current of Blood iſſuing from the Spleen, is at a great Diſtance from the Repoſitories of thoſe Fluids; for if the *Remora*, that checks the immoderate Celerity of the Blood, is ever ſo far off, the Effect is the ſame as if it were fixed much nearer to thoſe Receptacles; that is, it would equally abate the Velocity of its Motion before

it

it flowed into thoſe Parts, in the ſame manner as a Dam at a Miles Diſtance will as much retard the Stream of a ſmall Rivulet, and make it flow into a Meadow with the like quantity of Motion, as if it were fixed but twenty Foot before its Entrance.

Now that the Spleen is formed by Nature to bridle and reduce the Rapidity of the Blood, will appear evident, if we compare the ſmall Cavity of the Artery, which conveys the Blood, with the Amplitude of the Bowel into which it is conveyed: the Dimenſion of the firſt is exceeded by that of the laſt about eighty times, notwithſtanding an Allowance be made for the ſolid Parts of it, by as juſt a Calculation as can be ſettled; for the Variety of the Diameter of the one and the other is ſo great in different Individuals, that an exact Proportion is difficult to be fixed. If then the Diameter of the arterial Inlet is ſurpaſſed eighty times by that of the Spleen, then the Circulation of the Blood through this Bowel muſt be eighty times ſlower than it was at its Entrance, which is plain by the Laws of *Hydroſtaticks*. It is true, that when it leaves the Spleen, it recovers much of its former Celerity; but ſtill it enters the Liver eight times ſlower than

when it firſt flowed into the Spleen. Theſe Obſervations were communicated to me by that eminent Anatomiſt and skilful Surgeon Mr. *Chiſleden.* By this then it is clear, that the Duty of this Bowel is to diminiſh the quantity of Motion in the Blood, and reſtrain its Velocity, which otherwiſe would be hurtful to the animal Government; and ſince this cannot be in reſpect of the Individual, as above has been fully proved, it muſt relate to the Species; and then what can be more reaſonable to ſuppoſe than this, that ſhould not the Blood be thus controuled and retarded in its Current, it would ruſh in greater Abundance to the Parts deſtined for Procreation, than the Intention of Nature requires. This Hypotheſis is ſupported by the Obſervation of the learned Dr. *Purcell*, who aſſures his Reader, in his Treatiſe of the Cholick, that he found that Dogs, after the Exſection of the Spleen, were more ſalacious and prone to Venery than before. And if this be allowed, then this Cauſe, among many others, may be aſſigned, why ſome human Animals have a chaſte Complexion, and others are defective in their Inſtincts of this nature; for ſuppoſing that the Artery that diſtributes the Blood is much ſmaller, or that the Spleen that receives it is much wider,

wider, than in the ordinary Formation of thoſe Parts, it will follow, that the Progreſs of the Blood will be too much oppoſed and arreſted; by which means the Parts deſtined to Procreation will be defrauded of the ordinary Supplies required in a juſt and regular Conſtitution: and we ſhall be apt to favour this Opinion, when we reflect, that the Remedies adminiſtred in ſuch Caſes, are of a generous, active, and ſtimulating Nature; which, by agitating and impelling the Blood, promote the Swiftneſs of its Motion. On the contrary, if we ſuppoſe that the fore-mentioned Inlet is much larger, and the Spleen of leſs Dimenſion than uſual, which Variety may often happen; then the Blood, for want of a juſt *Remora*, will ruſh forwards with too impetuous a Current, and by that means depoſit an immoderate prolifick Store in its proper Receptacles. And this Remark may furniſh us with one Reaſon, why ſome particular Perſons are incontinent and laſcivious by their Conſtitution.

I have ſuggeſted theſe probable Conjectures concerning the way how the Spleen may promote the End which I have aſſigned to it, and which it is not unlikely may be confirmed by future Experiments. But ſhould theſe Notions be

rejected, either as not reaſonable or ſolid in Theory, or not ſufficiently backed and ſtrengthened by ocular Obſervations, this at leaſt I may inſiſt upon, that the Bowel, of which we are diſcourſing, is either appointed for the Continuance of the Species, as above aſſerted, or that it was contrived for no purpoſe at all, or at leaſt for none of any Importance, in proportion to its Size and Structure.

Of HYPOCONDRIACAL *and* HYSTERICK AFFECTIONS, *whether they ariſe from the Spleen?*

IT was the Opinion of the Antients, that Hypocondriacal Paſſions were owing to cloudy Fumes and melancholy Vapours, elevated from the Spleen to the Head, which they imagined infected the Brain, and diſturbed the Operations of the animal Spirits, interrupted their peaceable State, and impelled them into irregular and convulſive Motions: and in the ſame manner they accounted for Hyſterick Symptoms, which they aſcribed to impetuous and diſorderly Vapours that aſcended from the Womb, and produced various Paſſions, involuntary Agitation of the Limbs, Suffocations and Tremblings of Heart; of which more hereafter.

Theſe learned Men believed that the Spleen, when diſtempered, cauſes Tumults and Inſurrections in the animal Commonwealth, and with Uproar and Sedi-

Sedition, troubles and embroils all the vital Provinces of the Soul: Hence in *Plautus*, *Lienoſum cor habeo*, I have a diſturbed or diſtracted Heart.

The learned Dr. *Willis*, before mentioned, derives likewiſe the Origin of Hypocondriacal Diſtempers from the Spleen, but accounts for their Riſe another way: He ſuppoſes, as ſaid before, that all the Symptoms of that Diſeaſe ariſe from an inordinate Sowreneſs and Auſterity, contracted by a Leaven which he places in this Bowel for an important Service of Nature, that is, to ferment and ennoble the Blood, to ſtimulate and exalt the Spirits, and augment their Purity, Brightneſs, and Velocity: 'for when, (ſays he) it happens that the Ferment 'that inhabits the Spleen acquires an exceſſive Acidity, as ſoon as the Particles 'of it mingle with the Blood, and adhere 'to the animal Spirits, theſe too ſowre 'Companions over-agitate the firſt, and 'urge the laſt, together with the nervous 'Juices, with too great Violence and Impetuoſity; and by the Conjunction of 'the Blood and nervous Liquors in this 'diſtempered State, he ſuppoſes that the 'Spirits are as it were fired, and, like 'Trains of Gunpowder, rarified and driven into violent Exploſions.

But

But upon a due Examination, I imagine the Spleen will be cleared as well from the Accuſations of the Antients, as the injurious Imputation of the Moderns. It is my Opinion, that this Bowel cannot be charged with the Guilt before mentioned, for theſe Reaſons. Firſt, there is no Foundation in Nature to uphold their Suppoſition, that melancholy Steams and dark Fumes are ſtill mounting, as if it were from a hot reeking Veſſel, from the Spleen to the Brain. This is a coarſe and unphiloſophical Conception; for by what Paſſages and Canals ſhall theſe Fumes be elevated to the Head? Are any Conveyances appropriated to this Uſe? But if theſe Vapours return to the Veins and Nerves, it is evident they muſt mingle and incorporate with the Blood and nervous Juices; and then, while involved and complicated, they circulate together, how can we conceive any Reeks and Exhalations ſeparated and ariſing from them? Now, becauſe the Production of ſuch Steams, and the Conveyance of them through proper Ducts to the Head, are impracticable and inconſiſtent with the Nature of things, I reject this Hypotheſis, as ill imagined.

The main Reaſon which they alledge for their Opinion is, that when a Hypo-

condriacal

condriacal Paroxyſm prevails, and, like a violent Tempeſt, agitates the Blood, and engages the Spirits in various Paſſions and Diſorders, which now moſt juſtly are called Perturbations, the Spleen is much afflicted, ſwells to a painful Dimenſion, and encroaches upon the Diſtricts of the neighbouring Parts. But this can be no ſolid Foundation to ſupport their Hypotheſis; for other principal Parts are affected by Hypocondriacal Paroxyſms, as well as the Spleen, and much more: The Stomach, its Neighbour, extremely ſuffers by this Diſtemper, which cauſes there a redundant Portion of acid and auſtere Juices, black aduſt Choler, Indigeſtion, frequent Vomitings, and flatulent, ſowre and bitter Eructations; whence it is frequently diſtended with tormenting Winds, that, ſtruggling for Vent, like Vapours confined in ſubterraneous Caverns, ſhake with Violence the whole Fabrick.

Nor does this Diſeaſe produce leſs Diſturbance in the Brain, than in the Stomach, where it often attacks with Fury the Reſidence and chief Fortreſſes of the Mind, draws the Spirits into great Diſorder and Confuſion, and turns the intellectual World upſide-down: The Mind is filled with dark Images and Scenes of

Horror

Horror and Diſtreſs, with Diffidence, Suſpicion, Inconſtancy, Fluctuation, and ſad and melancholy Reflections; which however have no Foundation, but in the perverted Temper of the animal Faculties; beſides many other Symptoms which afterwards will be enumerated.

Nor is the Heart in a leſs conſpicuous manner afflicted by this Diſeaſe, than the Stomach and Brain, where it cauſes vehement Emotions, Tremblings, Palpitations, and irregular Pulſations, which are oft attended with ſhort and difficult Breathing; while the diſordered Muſcles of the Breaſt are unable to perform their Duty, by dilating and contracting it in a ſedate and regular Succeſſion.

Hence it will appear that the Spleen, from its being much diſturbed by Hypocondriacal Paſſions, is not more accountable for the Production of that Diſtemper, than the Heart, the Brain, the Stomach, or the Breaſt; all which are as great Sufferers by its noxious Power as the Spleen; and in particular, the Stomach is afflicted by it in ſo eminent a manner, that the ingenious Dr. *Highmore* was induced to believe, that this dark Diſtemper derived its Origin from that Part of the Body.

Rejecting therefore theſe Opinions, I muſt declare, that in my Judgment, what we

we call the Spleen, is a Diſtemper belonging to the whole Syſtem of the animal Spirits, and has its Riſe immediately from them; and upon this Hypotheſis, it will not be hard to account for the various Appearances and ſurprizing Symptoms ariſing from this myſterious Diſeaſe. And in order to this, I will lay open in ſhort, the Nature, Conſtitution, and the Duties of theſe Spirits, and then conſider the various Symptoms of Hypocondriacal Affections; whence I imagine my Aſſertion will become evident and inconteſtable.

The animal Spirits, which are the firſt Agents employed in the Formation of the *Fætus*, being awakened and ſet in Motion through the Brain, by a due genial Heat, expand themſelves, and by their reciprocal Motions, excavate and extend the Arteries and Veins, unfold and amplify the entangled Limbs, diffuſe the Membranes; and in ſhort, diſcharge all the Offices of their plaſtick Province, till the integral Parts are finiſhed, and the Animal becomes compleat: And then they are the immediate Miniſters of the Soul in all her various Operations; they are neceſſary to her in this State of Exiſtence, while ſhe exerciſes her ſuperior intellectual Faculties, being her immediate Inſtruments in Cogitation, Reaſoning, Invention and Fancy,

cy, as well as in ſenſitive Perception and local Motion. By their Figurations, and the various Modifications of their Activity, they agitate and work the Heart in various ways; whence they impart to it pleaſing or painful Paſſions, and produce all the Diverſity of Motions which are found there. As a great Part of the animal Spirits inhabiting the Brain, make their Excurſions through the ſecret Roads of the Nerves, by the Impulſe of the Will, to move a particular Member, or the whole Body; ſo others, by a ſpontaneous and involuntary Motion, from an Inſtinct of Nature, deſcend through other Paſſages to all the nobler, as well as the leſs conſiderable Parts of the Body, where they aſſiſt in the animal Oeconomy, by preſerving the Motion of the Heart, the reciprocal Contraction and Dilatation of the Brain, the digeſtive Faculty of the Stomach, and for other peculiar Offices in other Parts, upon which depend the Nouriſhment, Vigour and Duration of the Individual. Thus have I given a ſhort View of the Nature and vital Offices of the animal Spirits, and will now enumerate the Symptoms which ariſe from the Diſtemper vulgarly called the Spleen.

This Diſtemper, which is likewiſe called Hypocondriacal, from the *Hypocondrias*,

drias, which are the Regions on each ſide where the Spleen and Liver are ſituated, and which are often painfully diſtended, eſpecially that in which the firſt is lodged, during a Fit or Paroxyſm of this Diſeaſe, produces in the Stomach a great Variety of Complaints, depraved Appetite, and Inability of Digeſtion; whence proceeds frequent Nauſeouſneſs, noxious Crudities, aduſt Choler, painful Heart-burnings, and a frequent Diſpoſition to Vomiting; and ſometimes too great Eagerneſs to eat, and after eating Uneaſineſs and Oppreſſion.

This Diſtemper cauſes a great Diverſity in the Diſpoſition of the Minds of thoſe who are afflicted with it; ſometimes they expreſs great Alacrity and Pleaſantry of Temper, and by their agreeable Humour and ſudden Starts of Imagination, are entertaining in Converſation; yet, weary of attending any thing long, by a ſudden Abſence of Mind they forget themſelves, and ſeem to withdraw from the Company; to which however they ſoon return, and reſume their Part of the Diſcourſe, when the odd Fit is over. At other times they are dejected and cloudy, and now none but dark Images, deſponding Thoughts, and melancholy Scenes employ their Brain; ſometimes they are bolder than Men,

and soon after more timerous than Women; this Day in a lively active Temper, they are firm, enterprizing to undertake some great and worthy Design, which they have newly formed; the next, when their Spirits are reduced, and their fine Flame is spent, they reverse their Opinions, delay their Attempt, and either continue suspended, or wholly lay aside the Execution of their Project. Their Minds are perpetually wavering and undetermined, by the different Appearances of their Ideas, from the different Disposition of the Spirits, that never long represent them alike to their Imagination; whence they always vary and disagree with themselves, and continually spend their Hours in forming Schemes of Life; which however they seldom thorowly pursue, and are always exercised in making and breaking Resolutions. From this capricious Levity and Fickleness of Mind, they express no Equality or uniform Appearance in their Demeanor or Pursuits, but are full of Starts and Incoherencies, and often repugnant and contradictory to themselves; and by this Mutability and Unsteadiness of Temper, where this Disease is much predominant, they destroy the Regularity and beautiful Series observed in the Actions of wise and

prudent Men; whence ariſe many diſhonourable Breaks and Blemiſhes in Life, which in more ſedate Intervals they reflect upon with Shame and Regret.

The Symptoms of this Diſtemper in the Head are, Dimneſs of Sight, black Spots and Nets dancing in the Air before the Eye, ringing in the Ears, Swimmings, Giddineſs, and vertiginous Eddies; beſides ſudden Eruptions and Flaſhes, like thoſe of kindled Powder, as it were exploded and darting through the Brain. Sometimes the Imagination is over-heated by too great an Expanſion of the Spirits; whence they become bright, of great Celerity, and almoſt rarified to a State of Lunacy; and ſometimes by a ſudden Change, they are diſſipated and depreſſed, whence the Faculties of the Mind are ill ſerved by their torpid and unactive Miniſters.

Hypocondriacal Perſons are frequently reſtleſs and unquiet, full of Anxiety, Diffidence and Suſpicion, and by turns obſtinately wakeful, or liable to Drowſineſs and immoderate Sleep; and by the uneaſy Viciſſitude of their Temper and ſwift Change of Taſte, they ſoon grow weary of the ſame Satisfactions, are unſteady in Love and Friendſhip, and always engaged in the Purſuit of new Objects.

Various Diſorders in the Heart ariſe from this Diſtemper; whence it ſometimes ſprings againſt the Breaſt with emicant Vigor and impetuous Vibrations; as if impatient of Confinement, it would break through the Fences that reſtrained it; and ſometimes its Motions are ſo faint and languiſhing, that it ſeems caſt down from its Seat, and depreſſed into an inferior Station.

In Perſons thus affected, if any Phantaſm ſtrikes upon the Imagination with Vehemence, if an Incident of Importance, or any Meſſenger of ill News ſurprize them, the Spirits in the Brain being of a volatile Nature, and eaſily diſperſed, are agitated with ſuch Violence, that they ruſh from thence through the nervous Paſſages in Diſorder and Precipitation; of which ſome by a convulſive Graſp, contract the great Artery called *Aorta*, and by that diſturb and interrupt the Current of the Blood; and others entering the Heart in Confuſion, cauſe Variety of Perturbations, Trembling, Palpitation, violent Leapings, and a ſwift, intermitting Pulſation, by which it receives and projects the Blood with great Inequality.

In Paroxyſms of this Diſtemper, the Perſon feels ſuch a Hurry and Tumult of the Spirits, and ſuch a Confuſion of Ideas

in the Head, ſuch ſhort, broken, and laborious Breathing, ſuch Strife and Emotions in the Heart, and ſuch an Inquietude and Sinking in the whole animal Nature, that he ſeems to himſelf to be entering upon the Agonies of Death; and though he has ſuffered a hundred times the ſame Diſtreſs, yet ſtill he thinks that the laſt will be fatal. Under this Apprehenſion of imminent Death, which returns with the Fits of the Diſeaſe, the unhappy Perſon dies daily, and perhaps ſuffers more in the Expectation of the fatal Stroke in every ſuch Agony, than thoſe who died but once, and now lye buried in the Grave: And his Condition is the more deplorable, becauſe while he eats, drinks, and looks healthful, like other Men, he becomes rather the Object of Raillery and Reproach, than of Tenderneſs and Compaſſion.

In the Appendages to the Stomach, and the inferior Belly, this Diſtemper often ſhews it ſelf in cholical Pains, tumultuous and noiſy Agitations and Convolutions of the Entrails, in the Diſturbance it gives to the periſtaltick Motion, and often by the paralytick Relaxation of the Fibres of the Inteſtines; whence their native Warmth, Power of Retention and protruſive Faculty, receive great Preju-

dice. In the Habit of the Body, it appears in the Shaking or Trepidation of the Limbs, and erratick Pains, in the Leaping of the Tendons, convulſive Twitches of the Muſcles, a frequent unaccountable Laſſitude, and a temporary Indiſpoſition to move, not from the Extinction of the Spirits, but from the Suſpenſion of their Activity. If the Nature of theſe Symptoms, at leaſt of the greateſt Part, is attentively conſidered, it will be eaſy to ſee that they chiefly and immediately ariſe from the Irregularity and Confuſion of the Spirits, whence the animal Oeconomy is interrupted and diſturbed.

And this will further appear from the general Obſervation, that Hypocondriacal Perſons, if their Spirits are not overheated and agitated to the higheſt degree, are endowed with quicker Apprehenſion, acuter Senſe, and greater Vivacity of Imagination than other Men. The celebrated Dr. *Willis*, in accounting for this, ſays, that in theſe Perſons the Spirits are animated and ſublimed to an eminent State of Purity, by the Ferments of the Spleen, exalted to a proper Meaſure of Acidity, and communicated to the Nerves inſerted in that Bowel. This, though a precarious Aſſertion, and without Proof, ſhews however, that the animal Spirits are the origi-

nal Subject of Hypocondriacal Spirits; nor is the Case otherwise in the Female Sex, who often derive their superior Wit, good Sense, and sprightly Imagination, from the Activity and Fineness of their Spirits, raised and stimulated by Hysterick Ferments.

My Position will be farther supported, if the Method of Cure, which has been found by the Experience of Physicians to be most successful in this Distemper, is considered. Those Remedies which are most efficacious in soothing the Fury, appeasing the immoderate Heat, and reducing the excessive Velocity of the Spirits, by which they suppress the Seditions, Tumults, and Insurrections that embroil the animal Government, and introduce a peaceful Calm and a State of Tranquillity, are either pacifick, which immediately compose the Conflicts of the Spirits, restrain their irregular Excursions, and moderate their Celerity; or such as impart such Stability, Firmness, and Consistency to them, as may enable them to perform their reciprocal Motions and vital Functions in a steady Course, without being obnoxious to inordinate Impressions from every surprizing Object, and vehement Hurries and explosive Dissipation.

Though

Though the greateſt Part of theſe Sufferers are by Nature ſo formed and diſpoſed, as to be liable to grievous Perturbations, yet ſometimes Men acquire them by long indefatigable Idleneſs, and ſometimes by indulged and obſtinate Sorrow, uneaſy Reflections, and deep Melancholy, ariſing from the Misfortunes and Calamities of Life. Aſſiduous Dependents on Perſons in Power, long promiſed, and ſtill diſappointed in their Expectations of Preferment, as well as Men of Buſineſs and Commerce, who have a great while ſupported their Credit, and made a handſome Figure in the World, but at laſt found themſelves falling to decay, have ſunk into the Depths of Hypocondriacal Sadneſs. And ſince theſe unhappy Perſons are thus overwhelmed with the Spleen from no other Cauſe than what affects the animal Spirits, it is evident that thoſe Spirits are the immediate Subjects of that Diſeaſe.

It is true, that this faulty Temper of the Spirits is in part owing to the Conſtitution of the Blood, from whence, being the finer and purer Parts, they are ſtrained through the narrow Meſhes of the Brain; and there yet more laboured and refined, are diſtilled into the Mouths of the Nerves, through which they ſhoot

with great Swiftneſs to diſcharge their Offices of Senſation and Motion. And as the Qualities and Contexture of the Blood are ſo vitiated, ſo in Proportion the animal Spirits derived from it, muſt be perverted from their regular Complexion: yet this is but to aſſign one of the remote Cauſes of the Spleen, and not to give its eſſential Idea; which from what I have ſaid, I believe, will be allowed to conſiſt in the inordinate Diſpoſition of the Syſtem of the Spirits.

Of Hysterical Affections.

IF we contemplate the Nature of the various Symptoms of this Diſeaſe, we ſhall ſoon conclude that there is no ſpecifick or eſſential, but only a gradual Diſtinction between them and the Effects of the Spleen, ariſing from the Diverſity of their Modifications and Appearances; ſince it is evident to the judicious Obſerver, that Hyſterick, as well as Hypocondriacal Paſſions, act all their tragical Parts in the Frame of the Nerves, by the irregular and ſeditious Motions of the Spirits.

The Antients, from a groſs Conception, imagined that Hyſterick Paſſions derived their Origin from the diſordered Matrix, which they ſuppoſed ſent up Clouds of Fumes and dark Vapours through the Veſſels to the Brain; as they believed that Hypocondriacal Symptoms proceeded from melancholy Reeks, elevated from the dark and impure Sink of the Spleen to the Head: But as I have demonſtrated with the cleareſt Evidence, that thoſe Sym-

Symptoms ariſe immediately and eſſentially from the diſtempered State of the animal Spirits, by which they are perverted and diſabled from performing their natural Functions in a ſteady and regular manner; ſo Hyſterick Affections will appear to have ſo great an Affinity to them, that they muſt be accounted for in the ſame manner.

The chief Symptoms of this Diſtemper, which is appropriated to the Female Sex, are noiſy Convolutions and Workings of the Inteſtines, ſtruggling and ſtriving upwards, Cholick Pains, Sickneſs in the Stomach, depraved Digeſtion, loſs of Appetite, frequent Diſpoſition to vomit, and noxious Ejections of green, ſowre, bitter, and ſometimes inſipid Humours; Fits of ſhort and difficult Breathing, Palpitation of the Heart, Faintings, Suffocation and Strangling in the Throat, Giddineſs, Swimmings and Dimneſs of Sight, violent aking of the Head, profuſe Laughter, and on a ſudden an immoderate Eruption of Tears, Inconſtancy, Timidity, Irreſolution, frequent Change of Temper; and in ſhort, all the Train and Symptoms before enumerated, as the Effects of the Spleen in Men; and in this only they ſeem to differ, that in the Female Sex they are carried on to a higher degree;

gree: For in Hyſterick Fits, which often approach near to Epileptick, the Sufferer is thrown into violent convulſive Motions; while the Eyes are diſtorted, the Face diſfigured, the Limbs agitated with involuntary Concuſſions, the Contraction and Diſtenſion of the Cheſt diſturbed and interrupted, and the Exerciſe of Reaſon and Perception ſuſpended; often the afflicted Perſon falls to the Ground, beats her Breaſt, ſets her Teeth, bites her Tongue, and ſtruggles with ſuch extraordinary Force, that ſhe is ſcarcely to be held and reſtrained by thoſe about her. Theſe violent involuntary Agitations in the whole Structure of the Body, which invade the animal Oeconomy, ariſe partly from the Conſtitution of the Spirits themſelves, which in the Fair Sex are more volatile and ſubtil, and of leſs Stability and Conſiſtence than they are in ours; and therefore more receptive of Impreſſions, more liable to Diſſipation, Diſturbance and Confuſion; and partly from the Fineneſs, Delicacy, and Tenderneſs of the Nerves, which are not woven of ſuch firm and robuſt Threads, as they are in Men; and for that Reaſon being not able to reſiſt the inordinate Motions and Perturbations of the Spirits which ruſh upon them, they are driven by the violent Impulſe into convulſive Contractions.

Theſe

Theſe unhappy Perſons, in the ſame manner as Hypocondriacal Men, are ſubject to be alarmed by frequent Apprehenſions of approaching Death; and while they ſeem well to others, receive from them little Commiſeration, a Reſpect due to the Miſerable and Unfortunate.

Hyſterick Paſſions are often occaſioned by the impetuous Emotions of the Mind, immoderate Anger, Fear, and even Exceſs of Joy; the hearing of ill News, or ſome ſurprizing Incident, the unexpected Arrival of a Friend, a ſudden Outcry; and more, the haſty opening of a Door ſhall cauſe this extraordinary Diſorder: and I ſuppoſe none will aſcribe this to the riſing of Fumes and Vapours, I know not how, from their Seats to the Brain, nor to any ſecret Ferments that harbour in any Part of the Body. Since therefore the Paſſions of the Mind, as well as ſurprizing external Objects, will produce Hyſterick Fits; then no Steams or Reeks exhaling from Crudities and unconcocted Aliments in the Stomach, nor any Leaven lurking in any Parts whatſoever, can be aſſigned a ſufficient general Cauſe of theſe Symptoms. But if we recur to the Syſtem of the animal Spirits, we ſhall find an equal and uniform Cauſe of all theſe Effects, and from their Perturbation and diſor-

diſorderly Influx into the Nerves and Muſcles, may account, with Satisfaction, for all theſe various Phænomena. As this is plain in the Inſtances laſt mentioned, which ariſe from the Emotions of the Soul, or the vehement Impulſe of foreign Objects upon the Imagination; ſo if all the other Hyſterick Paſſions above deſcribed, are contemplated with Attention, they will eaſily admit the ſame Solution: For, ſuppoſe that any internal Cauſe, any auſtere, diſagreeable, noxious Juices, that dwell in various Parts of the Individual, by their oppoſite Nature, inſtigate, excite and impel the Spirits in an exceſſive manner, the ſame hyſterick Paſſions and convulſive Motions will ariſe, as from the impetuous Agitation that outward Objects often produce; ſo that ſtill the animal Spirits are the immediate Subject of theſe Fits.

There is therefore but one eſſential Idea of Hypocondriacal and Hyſterick Affections, which is this of the diſtemper'd Diſpoſition of the Spirits. by which they are inclined to be eaſily diſturbed and perverted in their reciprocal Motions; but the remote Cauſes of their irregular Conſtitution are various, as well from without as from within, and therefore it muſt not be ſuppoſed that the Stomach, the Spleen,

Spleen, the Womb, the Brain, or the Heart, are either of them the total Cauſe of theſe Diſeaſes; for each of them, in their turn, may communicate to the Spirits thoſe hurtful Ferments, or impure ſtimulating Mixtures, which may drive them into the utmoſt Diſorder. To account for the Nature of convulſive Contractions in Hyſterick Perſons, is not ſo eaſy a Task. Muſcular Motion is ſo intricate and myſterious, that after all the Attempts of the greateſt Writers upon this Subject, it is little underſtood; and how ſhall we know what is an Errror and Deviation from muſcular Motion, till we firſt underſtand what muſcular Motion is?

The Learned Dr. *Willis* has explain'd it by the Effects of the nervous Juice meeting with the ſulphurous Particles of the Blood, which kindle, ſays he, and go off by their Union, and by this means ſwell and ſhorten the Muſcle. Thus by the conſtant Exploſion of this fine Matter compounded of vital Nitre and Sulphur, he plays the whole animated Engine, or a particular Part. Hence when a Maſter-hand runs Diviſions on a Violin, it muſt be ſuppos'd that this ſpirituous complex Matter is rarify'd, and exploded as ſwiftly, and in as regular a manner, as the Artiſt moves his Fingers and his Bow. By this

this Hypotheſis, an Animal ſeems a living Caſe of Fireworks, a Syſtem of involved and complicated Tubes, ready to be diſcharged for every Motion of every Muſcle. This Suppoſition ſeems rather the Production of Wit and fine Imagination, than of a ſolid and philoſophical Judgment. But this Diſcourſe ſwells to a greater Bulk than I intended. Thoſe who would ſee this Subject treated more fully, and with more Accuracy and Method, I refer to Dr. *Willis* on Hyſterick Affections, and to Dr. *Purcell*, a Learned Gentleman, not only well verſed in the Theory, but likewiſe skilful in the Practice of Phyſick; in whoſe Treatiſe of this Diſtemper, the Reader will find many uſeful Obſervations and Inſtructions, as well as curious Experiments.

SECT.

SECT. II.

Of the Power and Influence of the Spleen on human Underſtandings.

THough I have in the preceding Diſcourſe demonſtrated, that the Diſtemper denominated the Spleen, conſiſts in the inordinate and perverted Conſtitution of the animal Syſtem of the Nerves and Spirits; yet I muſt admoniſh the Reader, that tho' in the following Pages I ſhall often make uſe of the word Spleen, it muſt ſtill be underſtood in the Senſe before explain'd.

From the different Nature and Conſtitution of the Spirits ariſe different Qualifications and Turns of Mind, which give to the Poſſeſſors of them various Appellations.

Thoſe who believe that human Minds are in themſelves equal, and that all the wonderful Diſtinction of intellectual Excellencies and Perfection, which appears in the Individuals of Mankind, ariſes from the different Diſpoſitions of the Humours,

mours, and various Formation of the Organs of the Body, which ſupply the Mind with different Inſtruments for its Operations, will be ready to embrace a mechanical Explanation of the Inequality of human Underſtandings. According to this Way of thinking, a great and admirable Genius will be allow'd to reſult from ſome curious Structure of the Brain, from regular and exalted Ferments, and more immediately from the Fineneſs, Vivacity, and abundance of the Spirits, which enrich the Imagination with clear Ideas, and enable the Soul to exert all her Powers to the utmoſt of her Activity; tho' I ſhall not contend with any who account for this ſurprizing Diſparity of our ſuperior Faculties, by aſſerting, that Minds without reſpect to the Body, are often by Nature of very different Capacities.

This elevated Order of Men is divided into many ſubordinate Degrees of Diſtinction, according to the various Proportion of Genius and Judgment imparted to their Conſtitution: It is not however by their Swiftneſs of Conception, Brightneſs of Imagination, and Redundancy of Spirits, that they are diſcriminated from others; but Prudence and good Taſte, Solidity of Senſe, Reflection and conſiſtent Reaſoning, are the eſſential

Differences which constitute this first Rank of Men, and vary and limit them from Multitudes, who have other intellectual Endowments in common with the wisest.

The finer Spirits here described, are not only distinguished from others by their different Measures of Wit and Understanding, but likewise by their different Temperament, resulting from the various Combinations of Humours and Ferments, which meet together and blend and qualify one another in their particular Compositions; and this Diversity of Character in the ingenious Natives of this Island, proceeds from nothing more than from a lighter or stronger Tincture of what we call the Spleen in their Mixture.

The Spleen, a Quality almost peculiar to this Nation, is of a different Nature from Madness and Distraction, which are frequently the Diseases of hot Countries, and, as I have before explain'd, is the particular Constitution of the animal Spirits, stimulated, enliven'd, and refin'd by certain active Principles, to a greater Degree than they are in others. 'Tis therefore a general and just Observation, that those who are endow'd with a moderate Portion of the Spleen in their Complexi-

on, are Perſons of ſuperior Senſe, and extraordinary Vivacity of Imagination; and while predominant Judgment holds the Reins, and keeps the Balance of Power equal and ſteady in the Soul, governs its Operations, and prevents the Exceſſes and Irregularities of the lighter Faculties, this happy Complication cannot but produce an excellent Genius.

It is for this Reaſon, that as ſome, to procure Reputation, perſonate the Characters of good or bad Men, and are Hypocrites in Virtue or Vice, as the one or the other grows in Faſhion; ſo many, to be thought Men of Parts and Ingenuity, lay claim, out of mere Oſtentation, to the Power of the Spleen in their Complexion, to which they have no manner of Title; nor are there Inſtances wanting in the fair Sex, who pretend to this reputable Diſtemper of the Spirits, with the ſame Vanity that others affect the Beauty of an unſanguine and ſickly Countenance.

It is true, this Complexion has Advantages above others, yet the Poſſeſſors often pay dear for their Superiority; thoſe eſpecially of the beautiful Sex, whoſe tender and delicate Fibres, and the lively Motions of their Spirits, make them obnoxious to violent Akings of the Head,

and painful Hyſterick Paſſions. The Springs of their Sufferings by vulgar Error are called Vapours, accounted Diſeaſes ariſing from noxious Humours, while they are nothing elſe but the natural Effect of the Keeneſs, Mobility and Richneſs of the animal Spirits; of which they cannot be cured, but at the Expence of their good Senſe, and the Prejudice of their ſprightly Imagination.

It is true, if theſe active Principles implanted in their Conſtitution, by getting ground of the reſt, which ſhould reſtrain them, grow predominant and licentious, they produce a Diſtemper, which attended with numerous uneaſy Symptoms, and accompany'd with Suſpicion, Diffidence, Irreſolution, Inconſtancy, Timidity, and perpetual Apprehenſion of Death, often approaches to a State of Lunacy, tho' it rarely riſes to that Exceſs.

I cannot diſmiſs this Subject, till I have made the following Remarks. Tho' the Diſtinction that appears in the Air and Aſpect, the Mien, the Structure and Motion of Mens Bodies is remarkable, that of their Faces and Features is ſtill more ſurprizing; and tho' this Diſagreement of Countenance does not only diſtinguiſh one Individual from another, but there is likewiſe a peculiar Caſt of Face in the

Natives of different Countries, eſpecially if at a great Diſtance; yet there is not a greater Diverſity in the Countenances of different People, than of Humour and Diſpoſition of Mind. All Nations have ſomething in their Complexion appropriated to themſelves, ariſing from the Difference of Soil, and Degrees of Heat and Cold in the Air they breathe; the *French* and the *Spaniards*, the *Italians* and the *Britons*, are no leſs divided and diſtinguiſhed by their Inclinations, Habitudes and Manners, than by the Boundaries and Limits of their Countries.

But of all theſe different People, the Temper of the Natives of *Britain* is moſt various, which proceeds from the Spleen, an Ingredient of their Conſtitution, which is almoſt peculiar, at leaſt in the Degree of it, to this Iſland. Hence ariſes the Diverſity of Genius and Diſpoſition, of which this Soil is ſo fertile. Our Neighbours have greater Poverty of Humour and Scarcity of Originals than we. The *Spaniard* ſarcaſtically ſays of the *French*, *If you have ſeen one, you have ſeen all*; tho' a *Frenchman* may as juſtly retort the Raillery on the grave *Caſtilian*: And this may be as truly affirm'd of the *Italian* on each Side the *Appenines*, and of the *High-Dutch* and *Low*. But an *Engliſhman* needs

not go abroad to learn the Humours of theſe different Neighbours; let him but travel from *Temple-Bar* to *Ludgate*, and he will meet, among his own Countrymen, the *Frenchman*, the *Spaniard*, the *Italian*, and the *German*; he'll find Perſons as much diſagreeing, as all the Nations of *Europe* can ſhow; and more than this, he may diſcern in ſingle Perſons, as they are ſober or inflam'd with Wine, dejected by a Diſappointment, or elated by a lucky Accident, or as they have been croſs'd by their Wives, vex'd by diſobedient Children, or put out of Temper by their Servants, in four and twenty Hours, the Diſpoſitions and Humours of all the Nations of *Europe*.

When the Spleen, in too great a Proportion, affects Men who are curious to enquire into the ſecret Operations of Nature, it introduces into the World a ſtrange Variety of fantaſtical Adepts, and whimſical Philoſophers; and if it mingles in an exceſſive Degree in Conſtitutions diſpos'd to Theological Contemplations, it fills the World with odd and irregular Productions of another Kind, numberleſs Viſionaries, and extravagant Sects of Religion, diſtinguiſhed by their ſeveral chimerical Singularities, ſuperſtitious Fears, and Hypocondriacal Enthuſiaſm. And

hence

hence it comes to paſs, that ſo many moroſe, rigid and melancholy Perſons unhappily bring Diſhonour on the Practice of Virtue, by tempting others to look on Religion, which in it ſelf is moſt amiable and delightful, as an unlovely and frightful Object. From this Obſervation, ſome Men of Wit have reproached all Devotion, as the Effect of a diſtemper'd Brain, and an Imagination over-agitated by the Spleen; but they might with as good Reaſon infer from the numerous Diſeaſes and monſtrous Deformities which are found among Mankind, that there is no healthful Conſtitution, or beautiful Frame of Body in the whole Species.

By what has been ſaid, predominant Judgment and Diſcretion are ſettled as the Limits, which circumſcribe the Man of Senſe and the genuine Wit from others of a different Nature and Denomination: If you paſs this Frontier, you enter into a wild uncultivated Region, an Intellectual *Africa*, that abounds with an endleſs Variety of monſtrous and irregular Minds. Theſe abſurd Underſtandings are the Errors and Deviations of Nature in the Formation of the Head, of which thouſands are incompleat to one that is brought to Perfection.

Infinite is the Variety of theſe Tribes of Men, that are deſtitute of good Senſe and Judgment, whoſe general Heads are divided and ſubdivided into numberleſs Branches, all diverſified by their peculiar Oddneſſes and ſpecifick Caprices. It is extremely difficult to trace eſſential Differences among regular Beings, but it is much more ſo to ſettle the Boundaries that divide one Species from another among theſe anomalous Productions: their conſtituent Whimſies are ſo very delicate and abſtruſe, that perhaps they often conſiſt in the improper Length, Size or Situation of a Fibre, in a diſproportioned Humour, or an immoderate Ferment in the Compoſition; but to gratify the Curious, I ſhall attempt to deduce the Pedigree of ſome of the moſt eminent Clans.

When Stupidity and a great Degree of Splenitick Madneſs meet in the ſame Complexion, while the former reduces and qualifies the latter, and the latter enlivens and refines the former, the Production is either a Coxcomb, a Buffoon, or a mere Wit, which are multiply'd into numerous Kinds, as their Ingredients meet in various Proportions, or are more ſlightly or more intimately blended and combin'd. From theſe different Complications ariſes the diſtinguiſhing Diſparity, that

that is found among the numerous ſubordinate Claſſes of theſe ambiguous Animals, to which the Rational and Irrational World equally pretend; ſuch are the ſeveral Tribes of the Half-craz'd, the Impertinents, the Pedants, the perpetual Talkers, the Men of Form, the Maſters of inſignificant Eloquence, and the Affected, which Claſs includes an under Species equally diſagreeable, of thoſe who with viſible Affectation labour to appear unaffected.

If Hypocondriacal Fury has the Superiority in the Mixture, a Progeny is produced of ſhining Fops, Poetaſters, petulant Laughers, or moroſe falſe Criticks; but if the Fool prevails and keeps the Madman under, you have a ſurprizing Race of crafty Blockheads, who are ſenſeleſs in Converſation, yet cunning in their Actions, and cheat us daily under the Appearance of Stupidity. Hence alſo proceeds a Species of Men, who having only a Sprinkling of Genius in their Compoſition, always aim at fine Things, and diſturb the Company with inſipid Raillery.

As often as the Balance of Power between theſe two Qualities is broken, according to their different Degrees of Superiority on either Side, a new Set of

theſe

theſe capricious Animals is brought into Being, whoſe common Nature is more varied by their ſeveral whimſical Properties, than the Ape or Monkey-kind, which imitates this irregular Race of Men, as the others reſemble Perſons who are endowed with Genius and good Senſe.

Theſe Reflections bring to my Thoughts a Story, which I have ſomewhere read, of a young Gentleman in the Court of *France* during the Reign, as I remember, of *Henry* the Third: This Perſon being of a graceful Aſpect, great Humanity and obliging Behaviour, was beloved by all, notwithſtanding that his little Share of Senſe made his Converſation low and trifling: It happen'd, I cannot recollect by what Accident, that this Gentleman grew diſtracted; and then the Ferments of the Madman having agitated and exalted the flegmatick Fool, he became an ingenious and pleaſant Companion, the Court was mightily pleas'd with him, and engaged the King's Phyſician to undertake his Cure; the Gentleman by the Doctor's Preſcriptions ſoon recover'd, but the Fool recover'd with him, his ſhining Parts were ſunk and effaced, and his Head reduced to its original Softneſs.

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As in the Inſtances I have given of the various Compoſitions where Judgment and Diſcretion are no Ingredients, Stupidity and Fury are ſo thoroughly mixed, as to make a Compoſition, different in Kind from either of the combining Principles; ſo it falls out, that the Union of them in ſome Conſtitutions is ſo ſlight and looſe, that, like Wine and Oil but gently ſhook together, they are not perfectly blended and incorporated, but ſtill preſerve their diſtinct Natures: and not being entirely united and conſolidated, this Confuſion, rather than Mixture, in which the Principles eaſily ſeparate, makes not a complex Being of a different Appellation. This defective Compoſition produces an inconſiſtent Race of Men, which may be denominated lunatick Wits; in whoſe ſlack Contexture the Madman breaking looſe from the Fool, and the Fool diſengaged from the Madman, often appear entire and uncompounded, or at leaſt in a great meaſure free from Allay. In this Complexion the two Competitors ſeem to have compromiſed their Differences; and being determined to act independently, ſhare the Government of the Man between them: The firſt, as Sovereign, takes Poſſeſſion of the Brain, and rules the Imagination; whence ariſe the Acute-

neſs

neſs of Thought, Quickneſs of Apprehenſion, thoſe ſurprizing Turns of Wit, and that entertaining Humour, which are always peculiar to this Species. The Provinces where the laſt has Dominion, are the various Concerns and Affairs of Life, in which he acts as uncontrolled, and ſhines as conſpicuous as the Lunatick does among the intellectual Powers. Hence it comes to paſs, that the ſpeculative Wiſdom, and the practical Folly of this Tribe, illuſtrating and improving each other, are both admirable; and that famous Expreſſion may juſtly be applied to them, *They never ſpeak a ſilly Thing, and never do a wiſe one.*

It is from the Contemplation of this Species, that a known Obſervation has been made, That all great Wits have a Tincture of Madneſs. The Reaſon of this Remark, I imagine, is, becauſe that as in Proportion there are a greater Number of Wits of this Species than of any other; ſo they are likewiſe the moſt eminent for ſprightly Imagination, agreeable Strains of Raillery, and genteel Satyr. A Wit of the lunatick Kind has Spirits ſo expanded and inflamed, that one Heat more had made him a *George Fox*, or a *James Nailor*; the Tranſition being very eaſy from the Frontier of this Claſs to the College

College in *Moorfields*. While a Man of Wit of this Rank, has ſo much of the flegmatick Principle in his Make, as bridles the Lunatick, no Genius is more admirable, either in Converſation or Writing; but ſuch are his Inequalities, and ſo many Excurſions from good Senſe appear in the Conduct of his Life, that it is evident his Compoſition is inconſiſtent and extravagant: and this was the Caſe of a noble Peer, one of the moſt ſhining Wits of the laſt Age.

All theſe Ranks of abſurd Productions in the rational World, which I have mentioned, agree, as I have ſaid, in one general Notion, namely, Indiſcretion and Privation, or Abſence of Judgment; but the particular Properties and curious Particularities, which, by a wonderful Fertility, produce ſubaltern Orders, are innumerable; for Error or Deviation is infinite, and no Mind is endowed with ſufficient Sagacity to trace the minuteſt Receſſes of Nature, unravel the odd Complications of diſagreeing Principles, and tell where one Species ends, and another begins.

This is the Province of the Comick Poet, and perhaps no Nation on Earth furniſhes him with a greater Variety of original Humouriſts, or more ſurprizing, ridicu-

ridiculous, whimſical Characters, to be expoſed on the Stage, than our own Iſland; which I believe is the Reaſon that the *Britiſh* Theatre affords more Entertainment of this kind than any of our Neighbours, who, in compariſon of us, are indigent of ſuch Diſtinctions and Particularities.

I have repreſented in ſhort predominant Madneſs, allayed with Folly; and now ſhall conſider prevailing Folly, ſprinkled with Madneſs. Though in the Struggle of the contending Ferments, while the Individuals of this kind are in Embryo, the wild and furious Principles are at laſt overpowered, and the crude and flegmatick get the Dominion; yet there ſtill remains interſperſed in their Compoſitions ſome glimmering Streaks of Mother-Wit, and Diſcoveries of the elemental Madman.

As thoſe Productions, in which the raging Particles are not half tamed, and but ſlightly hampered with the ſluggiſh, may be denominated lunatick Wits; ſo where the Madman is ſhackled, by being thorowly worked and kneaded into the Fool, if the Balance is conſiderable on the ſide of the latter, ſince the Denomination muſt always ariſe from the prevailing Quality, this kind may juſtly be called lunatick Fools.

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As in general by the firſt fundamental Settlement in theſe Complexions, the greateſt Share of Authority is lodged in the laſt; and the firſt, who is apt to be ſeditious, is manacled and kept under Hatches; ſo the exuberant Fertility of theſe dull Animals is determined to various Species, limited by their peculiar Ideotiſms and Characters of Stupidity. This Temperament of Dominion keeps the Fool from being abſolute; for though the Government of the Man is entruſted with him, and the Paſſions and Appetites commonly are obedient to his Dictates, yet the Madman will often break looſe; and though buried in a flegmatick Heap, like *Enceladus* under *Aetna*, he will now and then ſhake himſelf; and ſtriving to get free, make terrible Commotions: and it is from the different Proportions of Strength, ſecured to the one by the original Compact, and the various Limitations under which the other muſt act in different Perſons, that theſe eſſential Diſtinctions proceed, which diſcriminate the numerous Branches of this witleſs Kind.

A perfect Enumeration of them is impracticable; for what Imagination has Compaſs enough to conceive the infinite Variety of ridiculous and abſurd Animals,

mals, produced by the different Combinations of Fury and Folly, diversifyed by the Mixture of other Qualities? The principal Denominations are, the Blockheads, Sots, Blunderers, half Ideots, perpetual Laughers, and the Unreflecting, who are in a Surprize at every Event, and are known by the use of that silly and unavailing Sentence, *Who would have thought it?* Most of these enjoy a steady and immutable Dullness, while the Fool is always uniform and consistent in his Actions; but many of them, according as the Moon, Wine, hot Seasons, or violent Provocations, rouse their Spirits, express a great Inequality of Weakness; and their Stupidity is interrupted by lunatick Intervals, as now and then they feel a Paroxysm of the Madman.

I have before named an eminent Species of this Race, that are crafty Blockheads, where the lunatick Activity of the Spirits seems so oppressed with sluggish Humours, and the Madman so perfectly disguised, that at the first Conversation you imagine the Fool is pure and entire; but if you come to drive a Bargain, and think to take an Advantage of his want of Sense, you are undeceived, and find that he is more Knave than Fool.

As the *Mundus Intelligibilis* of lunatick Wits, and other Tribes of a whimsical and irregular Genius, lies in a Zone parched by too much intellectual Heat, whence their Brain is dry, and their Spirits are fired and rarified to Excess; so on the contrary these Bœotian Territories, which are barren of Understanding, are extended in a frigid Climate, and are visited but with weak and languishing Rays, whence the Spirits are benumbed, and but half animated; and being incumbered and involved in crude and heavy Humours, the Mind is torpid, and unable to exert any bright Operations: and as in the Case of lunatick Wits, the Madman has Dominion over the Head, and the Fool over the Actions; so here the Reverse often happens, while the Fool reigns in the Head, and the Madman in the Life.

There is another Species in whom the Fool is mightily prevalent, who however, from a certain Participation of Lunacy, feel a violent Inclination to be reputed Men of Parts. Hence they are prompted by a restless Instinct, to court the Acquaintance of the fashionable Wits; they crowd among the Criticks of the first Rank, that lead the Taste of the Town, determine the Fate of Writers, and deal out Esteem and Praise at Discretion; they believe the

Reputation of having mingled in the Company, and heard the Diſcourſe of ſuch applauded Perſons, is ſufficient to elevate them above the Vulgar, and to rank them at leaſt in ſome ſubaltern Order of Wits. Though theſe Perſons have enough of the Madman in their Mixture, to make them aſpire to this high Converſation, yet they have ſuch a Redundancy of the Fool, that they cannot diſcern that they are a ſtanding Jeſt among thoſe ſuperior Men, whoſe Favour they ſollicit with ſo much Importunity.

There is on the contrary another Clan of theſe Animals, who have a great overbalance of the Fool, and a ſlight Daſh of the Madman, worked up with a ſowre, melancholy Leaven; whence their Temper is always dull, moroſe and cloudy. As a Perſon of this Conſtitution is uncapable of lively Imagination and pleaſant Humour, ſo he deteſts nothing more than Wit and Raillery; his Brain is encompaſſed with a Fence of ſuch impenetrable Thickneſs, and his Spirits ſo clogged with Dregs, and muffled up with Flegm, that his Head is inacceſſible to all the Powers of Senſe and Ingenuity: He looks upon a Man of Wit to be no more than a merry, trifling Creature, formed by Nature like the Monkey, for no other purpoſe

poſe than to make People laugh. Theſe Perſons are either great Managers in Buſineſs, and ſlaviſh Projectors of Wealth, or haughty and inſolent in the Enjoyment of an over-grown Fortune. If you name a Man of ſhining Parts in their Company, the firſt Queſtion they ask is, what is he worth? It is pleaſant to ſee with what ſupercilious Arrogance they pretend to look down on Qualities which are above them, and with what an impertinent Satisfaction they deſpiſe what they are not able to attain.

Of the Influence of the SPLEEN *on the Manners of Men.*

IN the preceding Parts of this Discourse, I have observed that the Temperament of the Body, which Physicians call the Spleen, while its Power is limited to a moderate Superiority, is not a Disease, but in reality a generous Constitution, which gives that Acuteness, Vivacity of Imagination, and Abundance of Spirits, that exalt the Possessor above the Level of Mankind. From this active Spring, as it is differently mixed and modified by Combinations of various Humours, arise in this Island, where it so much prevails, that great Variety of Men of Sense and Wit, as well as weak and irregular Heads, who have however such an original Dissimilitude to each other, as cannot but surprize the Observer. Nor is the Spleen less concerned in settling the numerous Characters which are found in the moral World, where Vertue and Vice take a different Turn, and acquire distinct

stinct Properties and Appearances, as this Leaven, that agitates and exalts the Spirits, has more or less the Balance in the Complexion.

The Philosophers and Divines who have composed Systems of Ethicks, describe Vertues in their greatest Height and Perfection, and delineate the Ideas, as existing in their own Imagination, pure and refined from all Stains of the opposite Vices, like those Painters and Sculptors, who sometimes by the Strength of Fancy represent more beautiful Faces than any which are framed by Nature; such were always esteemed the *Venus* of *Apelles*, and that of *Cleomenes*.

But the epick and tragick Poets, as well as the prose Writers of Characters, exhibit Vertue and Vice mingled and blended, as they find them really existing in Mankind, where they appear in different Shapes and Distinctions, arising from the different Proportions in their Mixture.

No Man is adorned with Vertue so refined and spotless, that it is not debased and sullied by some impure Allay; nor have any acquired that supreme Degree of Vice, which excludes all good Inclinations, and entirely extinguishes the Sense of moral Evil. Should we therefore ab-

ſtract from Men of the higheſt Claſs, who approach the neareſt to Perfection, all their Excellence and Vertue, and draw their Characters only by their Faults and Follies, they would appear odious and ridiculous; on the other hand, ſhould we ſeparate all their evil Ingredients from the worſt of Men, and repreſent them by their good Qualities only, they would ſeem regular and amiable, or at leaſt not deformed.

Though various ſpecifick Natures are required to diſtinguiſh one Order of Animals from another, yet in Morality the different Degree of Vertue or Vice, as one or the other is ſuperior in the Mind, is ſufficient to conſtitute and denominate a good or bad Man. From this predominant Degree the Line is drawn that limits the two oppoſite Species, and divides the moral World in halves, where the People of each Hemiſphere are diverſified by the various good and bad Qualities which meet together in their Temperament. It is eaſy to diſcriminate, by the conſpicuous heroick Vertues of the one, and the prodigious Wickedneſs of the other, the beſt and the worſt of our Race: But the loweſt Rank of good, and the higheſt of ill Men, as well as the numerous intermediate Species

cies of each Kind, have ſo great a Reſemblance and Affinity to each other, that it is very difficult to ſettle their Diſtinctions.

As the ſeveral Combinations of Splenetick Madneſs and Folly produce an infinite Variety of irregular Underſtandings, ſo the amicable Accommodation and Alliance between ſeveral Virtues and Vices produce an equal Diverſity in the Diſpoſition and Manners of Mankind; whence it comes to paſs, that as many monſtrous and abſurd Productions are found in the Moral, as in the Intellectual World. How ſurprizing is it to obſerve among the leaſt culpable Men, ſome whoſe Minds are attracted by Heaven and Earth with a ſeeming equal Force; ſome who are proud of Humility, others who are cenſorious and uncharitable, yet ſelf-denying and devout; ſome who join Contempt of the World with ſordid Avarice; and others who preſerve a great Degree of Piety with ill Nature and ungovern'd Paſſions. Nor are Inſtances of this inconſiſtent Mixture leſs frequent among bad Men, where we often with Admiration ſee Perſons at once generous and unjuſt, impious Lovers of their Country, and flagitious Heroes, good-natur'd Sharpers, immoral Men of

Honour, and Libertines, who will sooner dye than change their Religion: And tho' it is true, that repugnant Coalitions of so high a Degree are found but in a Part of Mankind, yet none of the whole Mass, either good or bad, are entirely exempted from some absurd Mixtures.

Virtue never makes a more bright and amiable Appearance, than when it is introduced into a Complexion, where the Humours of the Body are so perfectly blended, the conflicting Ferments so well balanced, and the Activity of the Spirits so moderated, that the Possessor is by that Temperament dispos'd to Industry, Benevolence, and Serenity of Mind. By this fine Nature resulting from their original Constitution, Children become a Soil prepared to receive the Seeds of Virtue, which cultivated by good Education, come forward apace, bear early Blossoms, and soon rise to great Perfection. Tho' these are ranged in the highest Class of excellent Men, yet their Mixture is faulty and imperfect; that gentle, humane and complaisant Temper, which disposes them to Goodness, not being accompanied with a sufficient Portion of Fortitude, not only makes them unapt for brave and hazardous Attempts, but exposes them to unwarran-

warrantable Compliances, by which they may gain the Favour of ill Men, whence their Virtue receives many Blemiſhes.

Others have a noble Fire that puſhes them on to great Undertakings and heroick Actions, in defending their Country, and promoting the Happineſs of Mankind; but it muſt be acknowledg'd, that the ſame Warmth of Temper expoſes them often to paſſionate Reſentments, raſh Expreſſions, and indiſcreet Actions. The World is highly indebted to this active Complexion, that proceeds from a due Coalition of the Splenetick Leaven and refin'd Choler, which is requir'd to form the Patriot and the Hero; and it is reaſonable to forgive their Faults and Irregularities, ſince they ſpring from the ſame generous Principle, that makes them the Benefactors of Mankind, and the Glory of their Country: Were it not for their extraordinary Merit, they would be liable to fewer Errors.

The Men of Virtue firſt deſcribed by the Sweetneſs of their Diſpoſition, the Government of their Paſſions, and their fine Humanity, have an undiſturb'd Poſſeſſion of themſelves, and provide beſt for their own Peace and Felicity; but the brave and active Individuals of the

laſt Sort, who neglect their private Intereſt for the Good of others, and engage in the moſt dangerous Enterprizes, notwithſtanding their Imperfections, are the moſt beneficial to Mankind; and this is the mixed Character of the greateſt Spirits in all Ages, not only of Pagan, but of Chriſtian Heroes, whoſe generous, and ſometimes ungovernable Fire, has been the Cauſe of their illuſtrious Actions; the firſt ſave themſelves, but the laſt their Country; one is freer from Defects, but the other has more Beauties.

Another inferior Claſs of vertuous Men is conſtituted, when a prevailing Degree of Piety is infuſed into a Complexion where Flegm and Hypocondriacal Melancholy are united: In theſe, though Piety is indeed predominant, yet it is ſo rough, querulous, and ill-mannered, that it makes an unlovely and diſagreeable, if not a forbidding Appearance. It is ſurprizing to find a Man of Vertue either always ſad, and tormented with Scruples; or ſupercilious, ſullen, and cenſorious; to ſee Piety mixed with Malevolence and Singularity, rude Sanctity, or diſcontented and deſponding Goodneſs. Though a prevalent

lent Degree of Vertue gives them the Denomination of good Men, yet they cannot be reckoned as Members of the firſt Rank by any but themſelves.

The next ſort is of thoſe where the Spleen has an inordinate Dominion, who are always wavering and irreſolute, and always halting between Vice and Vertue. From the Fluctuation of their Temper they divide their Time by reciprocal Returns of Sinning and Repenting, and ſpend all the Periods of Life in violating and renewing their Vows and good Purpoſes. Theſe approach ſo near to the Frontier of bad Men, that it is difficult to determine to which moral Species they belong. It is certain, that if their Vertue in this doubtful State is ſuperior, yet the Diſtinction is ſo nice and hard to be diſcerned, that the Poſſeſſors are not able to obſerve it; and therefore can reap no Satisfaction from the Conſciouſneſs of their Vertue here, or the Expectation of its Reward hereafter. It muſt be an eminent Degree of Goodneſs, that by the Review of it can fill the Mind with Joy and Satisfaction. Weak and unequal Piety muſt leave a Man in conſtant Suſpence about his Safety,

Safety, while he ſtill continues balancing and undetermined, whether his good or bad Actions, his Vertues or his Vices, have the Aſcendent: But of this I have diſcourſed at large in the Eſſay on *Falſe Vertue.*

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